

# SENIOR LUNCH MENU

## September 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 Maple Glazed Pork Chop, Baked Potato, Broccoli, Peanut B. Cookie	2 Crispy Potato Chicken, Baked Beans, Zucchini & Tomatoes, Hawaiian cup	3
4	5 HOLIDAY CENTER CLOSED	6 Salisbury Steak, Mashed Potatoes, Gravy, Cheesy Broccoli & Cauliflower, Fruit Cocktail, Chocolate Chip Cookie	7 Spaghetti Noodles, Italian Meat sauce, Tossed Salad w/ dressing, Fruit Trifle	8 Breaded Pork Chop w/gravy, Blackeye peas, Green Beans, Mandarin bananas, pound cake	9 Turkey Croquette, Macaroni & Cheese, Calico Coleslaw, Peanut B Cookie	10
11 	12 Chopped Steak/gravy, Mashed Potatoes, Peas & Mushrooms, Berry Cup Birthday Cake	13 Veggie Lasagna, Caesar Salad w/dressing, Fresh Fruit.	14 Beefy King Ranch Casserole, Rice Pilaf, Carrot Coins, Rosy Pears	15 Stuffed Peppers, Vegetable Medley, Peach Cobbler	16 Honey Glazed Turkey, Whipped Sweet Potatoes, Green Beans, Pineapple Trifle	17
18	19 Encrusted Pork Loin with Aujus, Soft Pinto Beans, Cheesy Broccoli, Fruit/Cake	20 Chicken Rice Casserole, Corn O'Brien, Fresh Baby carrots, Sliced Peaches	21 Meatloaf, Fresh Mashed Potatoes /gravy, Cheesy Spinach, Fresh Fruit, Rice Crunchie Treat	22 Beef Tips w/ mushrooms, Parslied Noodles, Sweet & Sour Cabbage, Fruit Cobbler	23 Dixie Pork Roast, Bread Dressing, Cauliflower & Peas, Fruit Crisp	24
25	26 Lemon Pepper Chicken w/gravy, Cheesy Spinach, Corn O'Brien, Fruit Trifle	27 BBQ Beef Plater, Baked Beans, Zucchini Casserole, Fruit Cobbler, Cornbread	28 Sliced Turkey w/gravy, Rice Pilaf, Seasoned Greens, Fruit Salad, Peanut Butter Cookie	29 Chicken Florentine, Bread Dressing, Cauliflower w/Red peppers, Stewed Apricots/Prunes	30 Baked Cheddar Fish, Potato Fingers, Greens, Assorted cake w/ frosting	

**Enact Family/Friends Meal Time:**

Research shows that family meals promote healthier eating. Plan to eat as a family at least a few times each week. Set a regular mealtime. Turn off the TV, phones and other electronic devices to encourage mealtime talk. Get Kids involved in meal planning and cooking and use this time to teach them about good nutrition.

**All meals are served with a choice of Skim or 2% Milk and Dinner Roll**