





SENIOR LUNCH MENU

September 2017

Monday	Tuesday	Wednesday	Thursday	Friday
				
4 CENTER CLOSED HOLIDAY	5 Stuffed Peppers, Vegetable Medley, Fresh Fruit Salad, Chocolate Chip Cookie	6 Cornflake Chicken, Bake Sweet Potatoes, Fresh Green Beans, Fruit Cobbler	7 Beefy King Ranch Casserole, Tossed Salad w/dressing, Fruit Trifle	1 Oriental Pepper Steak, Parsley Rice, Greens, Cake w/ frosting
11 BBQ Chicken, Macaroni & Cheese, Baked Beans, Hawaiian Cup, Birthday cake	12 Beef Stroganoff, Jefferson Noodles, Carrot Coins, Peaches, Pound Cake	13 Tuna & Cheese Lasagna, Tossed Salad w/dressing, Fruit Mix, Sugar Cookie	14 Pepper Steak w/ gravy, Masked Potatoes, Mixed Vegetables, Fruit Crisp	8 Turkey Croquette, Parmesan Potatoes, Confetti Coleslaw, Sugar Cookie
18 Crispy Baked Fish, Creamy Pasta Salad, Calico Coleslaw, Strawberries/ Pound Cake	19 Meatloaf, Mashed Potatoes, gravy, Cheesy Spinach, Rice Crunchy Treat, Fresh Fruit	20 Turkey Divan w/ broccoli, Caesar Salad w/dressing, Fruit Mix, Peanut Butter Cookie	21 Roasted Chicken, Corn Pudding, Mixed Vegetables, Mandarin oranges/gelatin cubes	15 Honey Glazed Turkey, Whipped Sweet Potatoes, Green Beans, Pineapple Trifle
25 Herbed Turkey, Yam Patties, Green Beans, Fresh Fruit/ Sugar Cookie	26 Chicken Rice Casserole, Carrots, Tossed Salad w/dressing, Peanut Butter Cookie	27 Beef Tips w/ mushrooms gravy, Jefferson Noodles, Calico Coleslaw, Fruit Crisp	28 Meat Lasagna, Caesar Salad w/ dressing, Fruit Cobbler	22 Jefferson Noodles, Italian Meat Sauce, Tossed Salad w/ dressing, Fresh Fruit
				29 Maple Glazed Pork Chop, Baked Potato, Broccoli, Chocolate Chip Cookie

Healthy Tip of the Month

Enact Family Meal Time

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.