

SEPTEMBER 2024

| MONDAY 2 | TUESDAY 3 | WEDNESDAY 4 | THURSDAY 5 | FRIDAY 6 |
|---|--|---|---|--|
| All Center Closed For Labor Day  | Baked Chicken Thighs/wMushrooms Brown Rice Pilaf Steamed Brussel Sprouts WW Roll w/Margarine Diced Pears | GC Cheeseburger Baked French Fries Broccoli Grape Salad Lettuce, Tomato, Onion, Pickle Watermelon | Sweet & Sour Pork Chow Mein Asian Noodles Stir Fry Vegetables Vegetable Egg Roll Fresh Orange | Spaghetti w/Meatballs Italian Vegetables Caesar Salad w/Dressing Whole Wheat Roll w/Margarine Honey Dew Melon |
| MONDAY 9 | TUESDAY 10 | WEDNESDAY 11 | THURSDAY 12 | FRIDAY 13 |
| BBQ Rib Patty Sandwich Leaf Lettuce, Tomato Slice & Pickles Seasoned Red Potatoes Green Beans Pineapple Tidbits | Beef Soft Tacos/ Picante Sauce Spanish Rice Pinto Beans Shredded lettuce/Diced Tomato Chilled Apricot Halves | Beef Stew w/ Potatoes & Vegetables Spinach Salad w Dressing Cornbread w/Margarine Chopped Cantaloupe | Red Chile Chicken Enchiladas Zucchini/ Yellow Squash w/Onions Shredded Lettuce. Diced Tomato Chilled Applesauce | Tuna & Egg Salad Hoagie Sandwich Green Leaf Lettuce/ Sliced Tomato, Onion Cucumber/Tomato Salad Baby Carrots Banana |
| MONDAY 16 | TUESDAY 17 | WEDNESDAY 18 | THURSDAY 19 | FRIDAY 20 |
| Chicken Breast Strips w/HM Baked Red Potatoes Monte Carlo Vegetables Mixed Green Salad w/Dressing Orange | 4 Cheese Spinach & Mushroom Lasagna Italian Vegetables Caesar Salad w Dressing Garlic Breadstick Baked Apple Slices | Green Chile Con Carne w/Beans Zucchini & Onions & Tomato Chateau Vegetables Flour Tortilla Chilled Diced Peaches Sugar Cookie | Chef's Salad/Ham, Turkey Tomato, Cheese, & Egg Croutons Club Crackers Tropical Fruit Salad | Sloppy Joe Sandwich Garlic and Dill Yukon Potatoes Steamed Brussel Sprouts Garden Salad Fresh Pears |
| MONDAY 23 | TUESDAY 24 | WEDNESDAY 25 | THURSDAY 26 | FRIDAY 27 |
| Salisbury Steak w/Mushroom Gravy Mashed Potatoes Mixed Vegetables Beet & Onion Salad WW Roll w/Margarine Fresh Apple | Green Chile Beef Carnitas Burrito Pinto Beans Broccoli & Red Peppers Shredded lettuce & Tomato Red Grapes | Pork Posole Steamed Spinach & Onions Tossed Garden Salad Flour Tortilla Orange | Meatloaf Mashed Potatoes & Gravy Vegetable Medley Tossed Garden Salad w/Dressing WW Dinner Roll w/Margarine Chilled Mixed Fruit | Turkey & Swiss Cheese Sandwich Lettuce, Tomato, Onion Three Bean Salad Carrot Raisin Salad Banana |
| MONDAY 30 | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
| Country Fried Steak w/Gravy Parsley Potatoes California Vegetables Mixed Greens Salad w/Dressing WW Roll w/Margarine Tropical Fruit Salad | Senior Meals Suggested Donation Lunch \$2.00 Under 60 years \$6.00 Service from 11:30am Until 12:30pm | L F Milk Served w/Each Meal Can Fruit in Light Syrup WW= Whole Wheat GC=Green Chili RC=Red Chili HM = Honey Mustard | (Empty) | Menu Subject To Change Items with Asterisks Should only be used for Frozen Meals |

Final Menu