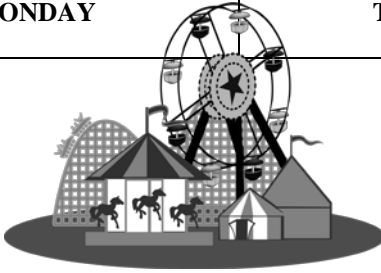



SENIOR CITIZENS MENU SEPTEMBER 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Chicken and Dressing with Gravy Seasoned Green Peas Cranberry Gelatin Salad Vanilla Ice Cream Whole Wheat Bread Choice of Milk
4 ALL CENTERS CLOSED FOR LABOR DAY	5 Chicken Strips with Cream Gravy Whipped Potatoes California Vegetables Sliced Pears Dinner Roll Choice of Milk	6 Swiss Steak Macaroni and Cheese Chilled Juice Chocolate Cake Whole Wheat Bread Choice of Milk	7 Spaghetti with Meat Sauce Sliced Carrots Mixed Green Salad with Dressing Mixed Fruit Garlic Bread Choice of Milk	8 Pinto Beans and Ham Sliced Onion Marinated Tomatoes and Cucumber Spice Cake Fresh Baked Cornbread Choice of Milk
11 Swedish Meatballs served over Egg Noodles Yellow Squash Chilled Tropical Fruit Dinner Roll Choice of Milk	12 Sliced Roast Ham Hominy O'Brian Seasoned Green Beans Coconut Pie Whole Wheat Bread Choice of Milk	13 SENIOR FAIR DAY	14 Parmesan Baked Chicken Black-eyed Peas Seasoned Spinach Lime Whip Fresh Baked Cornbread Choice of Milk	15 DIEZ Y SEIS Tostado with Beef, Beans, Lettuce and Tomato, Cheese Salsa, Sour Cream Orange Juice Pineapple Pudding Choice of Milk 
18 Salisbury Steak with Gravy Macaroni and Cheese Green Peas Chilled Applesauce Whole Wheat Bread Choice of Milk	19 Fried Fish with Tartar Sauce Baked Beans Creamy Coleslaw Lemon Gelatin Cake Whole Wheat Bread Choice of Milk	20 Chicken Cacciatore Steamed Zucchini Kidney Bean Salad Fruited Gelatin with Topping Dinner Roll Choice of Milk	21 Chicken Fried Steak with Gravy Whipped Potatoes California Vegetables Carrot Cake Whole Wheat Bread Choice of Milk	22 Taco Bean Soup Pimiento Cheese Sandwich Pineapple Chunks Sugar Cookies Choice of Milk
25 Pepper Steak Sliced New Potatoes Zucchini Squash Chocolate Pudding Swirl Dinner Roll Choice of Milk	26 Sliced Turkey in Gravy Baked Yam Seasoned Green Beans Chilled Mixed Fruit Whole Wheat Bread Choice of Milk	27 Chopped BBQ on a Bun with Pickle Spear Potato Salad Chilled Juice Vanilla Ice Cream Choice of Milk	28 BIRTHDAYS Oven Baked Chicken Breast Corn Pudding Marinated Tomato Wedges Birthday Cake Whole Wheat Bread Choice of Milk	29 Savory Meatloaf Macaroni and Tomatoes Steamed Broccoli Mandarin Oranges Whole Wheat Bread Choice of Milk
ROSE PARK SENIOR CENTER LUNCH SERVED 11:30 A.M. TO 12:15 P.M. APPROVED TAKE-OUT MEALS 12:15 P.M. TO 12:30 P.M.			COBB, G.V. DANIELS, SEARS, LUNCH SERVED 11:30 A.M. TO 12:15 P.M. APPROVED TAKE-OUT MEALS 12 P.M. TO 12:15 P.M.	
MENUS SUBJECT TO CHANGE WITHOUT NOTICE				