

September Menu 2019

National Senior Center Month



Sun	Mon	Tue	Wed	Thu	Fri	Sat	
1	2 Closed Labor Day	3 Roast Chicken Cauliflower Pol- lanese Marinated Green Beans Apricot Halves WW Bread	4 Seasoned Pinto Beans Onions Cornbread Herb Seasoned Spinach Cling Peaches	5 Ham Sliced WW Bread Mayo Looseleaf Lettuce Red Tomato Baked Beans Vanilla Ice Cream Strawberries	6 Cream of Mush- room Soup Cheesy Pea Salad on Romaine Let- tuce Cherry Cobbler WW Biscuits	7	
8	9 Macaroni Cheese & Chicken Casse- role Spinach Marinated Beets and Onions Watermelon WW Bread	10 Seasoned Broiled Fish Potatoes, Baked Green Beans Pineapple WW Bread	11 Fiesta Hamburgers on WW Bun Red Tomato Iceberg Lettuce Leaves Oven Brownd Potatoes Banana	12 Turkey a'la King WW Biscuits Broccoli Fruit Cocktail	13 Oven Crisp Chick- en Creamier Mashed Potatoes Zucchini and To- matoes Grapes WW Bread	14	
15	16 Roasted Beef- Round Creamier Mashed Potatoes Broccoli Pineapple WW Bread	17 Seasoned Pinto Beans Onions Green Beans Mandarin Oranges Baked Custard Cornbread	18 Seasoned Oven Baked Chicken Long Grain Brown Rice Spinach Mixed Fruit Salad Fruit Salad Dress- ing	19 Baked Flounder w/ Lemon Sauce Springtime Pasta Salad Stewed Tomatoes Grapes WW Bread	20 Vegetable Cottage Cheese Salad Baked Potatoes Spiced Peaches WW Biscuit	21	
22	23 Spaghetti and Meat Sauce w/ Ground Turkey Tossed Green Salad Italian Dressing Pear Halves WW Garlic Toast	24 Lighter Chicken Salad WW Bread Cream of Spinach Soup Watermelon	25 Tasty Meat Loaf Scalloped Potatoes w/ Parsley Broccoli Purple Plums WW Bread	26 Seasoned Baby Lima Beans Cornbread Cucumber and Onions in Sour Cream Dressing Peachy Crisp	27 Skinless BBQ Chicken Dilly Potato Salad Green Beans Pineapple WW Bread	28	
29	30 Salmon Patty Parsley Noodles Mixed Field Greens Italian Dressing Orange WW Bread	<p>Milk served with all meals. Menu subject to change due to availability of foods. Project Title: Raleigh County Commission on Aging, Inc. Sites: Manor House, Wildwood, Coal City & Glen Daniel</p> <p>Approved by: _____ Executive (Assistant) Director</p>					