











JAN - SENIOR CENTER 385-201-1065

September 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
ALTERNATE MEALS		MEALS MUST BE CALLED IN TO THE SENIOR CENTER BY NOON THE DAY BEFORE TO RESERVE A MEAL 385-201-1065		
Sep 1-2 Chicken Noodle Sep 6-9 Chef's Salad Sep 12-13 Cr of Potato Sep 14-16 Vegetable Beef Sep 19-23 Chef's Salad Soup + Turkey Sandwich	Sep 26-27 Chicken Noodle Sep 28-30 Cr of Broccoli		Malibu Chicken Au Gratin Potatoes Green Beans Cottage Cheese w/Fruit Roll 	1 2 Country Fried Steak Mashed Potatoes/Gravy Mixed Vegetables Pears Roll 
5 	6 Honey Baked Ham Scalloped Potatoes Beets Tropical Fruit Raisin Cookie 	7 Beef Lasagna Fresh Veggies Apple Garlic Rolls Brownie 	8 Chicken Salad Wrap Pasta Salad Pickles Pears 	9 Garlic Beef Baby Potatoes Peas Applesauce Roll 
12 Teriyaki Chicken Bowl Steamed Rice Broccoli Pineapple Fortune Cookie 	13 Meatloaf Mashed Potatoes / Gravy Corn Apple Roll 	14 Pasta Bake w/ Meat Sauce Green Beans Tossed Salad w/Dressing Garlic Roll Fruit Crisp 	15 Hot Dog w/ Pork & Beans Jello w/ Fruit Corn Brownie 	16 Chicken Patties Mashed Potatoes/Gravy Carrots Apple Roll 
19 Salisbury Steak Mashed Potatoes/Gravy Mixed Vegetables Pears Roll 	20 Chicken Pot Pie w/ Biscuit Tossed Salad w/Dressing Fresh Fruit Brownie 	21 Hamburger w/ Bun Loaded Potato Casserole Corn Apple 	22 Pulled Pork Sandwich Potato Wedges Fresh Veggies Jello w/ Fruit 	23 Swedish Meatballs Steamed Rice Carrots Peaches Roll 
26 Sweet & Sour Chicken Steamed White Rice Stir Fry Vegetables Orange Fortune Cookie 	27 Chicken Salad Wrap Pasta Salad Pickles Pears 	28 Kalua Pork Hawaiian Rice Corn Pineapple Roll 	29 Creamed Chicken / Rice California Blend Vegetables Pineapple Roll 	30 Roast Turkey Mashed Potatoes/Gravy Carrots Oranges Roll 