

Please Call your Local Senior Center to Confirm

Monday	Tuesday	Wednesday	Thursday	Friday
	1 3oz Chipped BBQ Ham Sandwich 1/2c Seasoned Green Beans 1/2c applesauce 1/2c Homestyle Coleslaw 1 Hamburger Bun	2 3oz Chicken Cutlet with 2oz Pan Gravy 1/2c Mashed Potatoes 1/2c Oven Roasted Brussel Sprouts 1 Wheat Bread 1/2c Fruit Medley	3 3oz Pepper Steak w/ 1oz Tomato Sauce, 1oz Peppers, 1oz Onions 1 Baked Potato 1/2c Carrots 1 Wheat Bread 1/2c Gelatin	4 Call your local Senior Center for meal information
Happy Labor Day! 	7 8 Meatball Hoagie (3) w/ .5oz Mozzarella Cheese 1c Pasta Fagioli Soup 1c Garden Salad w/ Dressing Seasonal Fresh Fruit 1 Hot Dog Bun	9 3oz Fire Grilled Chicken Breast 1/2c Cheesy Broccoli & Rice 1/2c Carrots 1/2c Diced Pears 1 Dinner Roll	10 Cheeseburger 1/2c Golden Roasted Potatoes 1/2c Mixed Vegetables 1 Hamburger Bun 1/2c Mandarin Oranges	11 Call your local Senior Center for meal information
14 3oz Salisbury Steak w/ 2oz Gravy Baked Potato w/ Margarine 1/2c Mixed Vegetables 1 Wheat Bread 1 cookie	15 Turkey Chef Salad (2oz Turkey, HB Egg, Cheddar, over 1c Mixed Greens w/ Tomato) 1c Vegetable Soup 1 Wheat Bread 1/2c Fruited Gelatin	16 Stadium Hot Dog 1/2c Cheesy Potatoes 1/2c Seasoned Green Peas 1 Hot Dog Roll 1/2c Sweet Pineapple Tidbits	17 Swedish Meatballs (4) 1/2c Buttered Noodles 1/2c Broccoli 1 Dinner Roll 1/2c diced peaches	18 Call your local Senior Center for meal information
21 Potato Crusted Pollock w/ 1 Tbsp. Corn & Red Pepper Relish 1/2c Macaroni & Cheese 1/2c Stewed Tomatoes 1 Wheat Bread Seasonal Fresh Fruit	22 Penne Pasta & Meatballs (4) 1/2c Pasta w/ Marinara 1c Tossed Salad w/ Tomato 1/2c Warmed Spiced Apples 1 Garlic Herb Breadstick 1/2c Mixed Fruit Salad	23 Southwest Taco Salad (3oz Taco Meat, .5oz Cheddar, Lettuce, Tomato, Salsa) Tortilla Chips (10pc) 1/2c Seasoned Sweet Corn 1/2c Sweet Pineapple Tidbits 	24 Chicken Philly Sandwich 1c Cream of Potato Soup 1/2c Homestyle Coleslaw Hot Dog Bun 1 Cookie	25 Call your local Senior Center for meal information
28 1c Tortellini with Creamy Meat Sauce 1/2c Garlic Green Beans 1 Garlic Herb Breadstick 1/2c diced peaches 	29 Stuffed Pepper Casserole 1/2c Garlic Whipped Potatoes 1/2c Seasoned Carrots 1 White Bread 1/2c Fruited Gelatin	30 4oz Sweet & Sour Chicken 1/2c Steamed Brown Rice 1/2c Broccoli 1 Wheat Bread Seasonal Fresh Fruit	Fiber promotes digestion and heart health. Aim for whole grains and vegetables in the amount of 30g for men and 21g for women daily!	