



September 2010

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| Monday | Tuesday | Wednesday | Thursday | Friday |
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| | Each meal includes a choice of milk | 1 Pork roast & gravy Alt. Chicken breast Peas & carrots Scalloped potatoes Cantaloupe Cracked Wheat roll/Marg. | 2 Beef stew Orange juice Apricots Multigrain Roll/ Margarine Apple crisp/Alt: Spiced apples | 3 Chili Tossed salad Fruit cocktail Muffin Saltine crackers Italian dressing/Margarine |
| 6 LABOR DAY  | Pork chop Alt: Turkey Au gratin potatoes Green beans Tropical fruit Sourdough roll/Marg. | 8 Beef roast & gravy Mashed potatoes Carrots Grape juice Oatmeal raisin cookie Cracked wheat roll/Margarine | 9 <u>Cholesterol Ed. Month</u> Chef's Salad Pineapple Tidbits Muffin Saltine crackers | 10 Lasagna Cottage cheese California Blend Apple juice Pineapple & oranges Garlic toast |
| 13 Potato Crunch Cod Cottage cheese Grape juice Italian Blend vegetables Apricots Wheat bread/Margarine Tartar sauce | 14 Swiss steak Parsley potatoes Creamed corn Applesauce Gelatin Salad Multigrain roll/Margarine Brownie Alt: D'pudding, D'gelatin | 15 Spaghetti sauce w/meat Pasta Fruit cocktail Carrots Garlic toast Pineapple Dream Alt: Pineapple tidbits Parmesan cheese | 16 <u>Healthy Aging Month</u> Corned beef LS Alt: Beef roast Cooked cabbage Spiced applesauce Baked potato/sour cream Sourdough roll/Margarine | 17 Oven fried chicken Mixed vegetables Fruit compote Sweet potatoes Asst. dinner roll/Margarine |
| 20 <u>Let's Welcome Fall!</u> Stuffed pepper Cottage cheese Broccoli Mashed potatoes Tropical fruit salad Multigrain roll/Margarine | 21 SENIOR DAY AT THE ZOO  | 22 Macaroni & Cheese LS Alt: Beef pepper patty Stewed tomatoes Fried apples 3 bean salad Potato roll/Margarine | 23 Turkey breast & gravy Corn Grapes Creamy Cole slaw Stuffing Wheat roll/Margarine | 24 <u>Birthday Bash</u> Veal Parmesan Italian Blend Vegetables Orange juice Apple Rotini noodles Wheat bread/Margarine Birthday Cake/Angel food |
| 27 Brat/bun LF Alt: Turkey burger Sauerkraut Mashed potatoes Applesauce Mustard | 28 Turkey Cacciatore Normandy Vegetable Romaine lettuce salad Pineapple & oranges Pasta Banana Pudding/D'pudding Potato roll/Margarine | 29 Salisbury Steak Collard greens Mashed potatoes Marinated cucumbers Multigrain roll/Margarine | 30 Sweet & sour chicken Rice Sugar Snap peas Broccoli Raisin Salad Apricots Chocolate chip cookie | LS Alt=Low Sodium Alt LF Alt= Low Fat Alt These items need to be ordered in advance, please |