



September Sr Menu 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 NO MEAL DELIVERY	3 Turkey Meatloaf with Glaze Mashed Potatoes Seasonal Vegetable Pears Whole Wheat Roll (2)	4 Eggplant Parmesan Italian Blend Vegetables Seasoned Broccoli Whole Wheat Roll (2)	5 COLD PLATE Tuna Salad CK 3 Bean Salad Rice Pudding Fruit Cocktail Whole Wheat Roll	6 Beef and Red Pepper Casserole California Blend Vegetables Baked Cinnamon Apples Whole Wheat Roll
9 Roast Turkey w/ Gravy Roasted Root Vegetables Buttered Brussels Sprouts Peaches Whole Wheat Roll (2)	10 Baked Fish w/ Lemon Butter Succotash Seasoned Beets Fruited Gelatin Salad Whole Wheat Roll (2)	11 Balsamic-Cranberry Pork Wild Rice Pilaf Seasonal Vegetable Cinnamon Applesauce Whole Wheat Roll	12 Mac and Cheese Stewed Tomatoes Steamed Broccoli Pineapple Tidbits Whole Wheat Roll	13 Hamburger Steak w/ Onion Gravy Seasoned Peas Steamed Red Cabbage Applesauce Whole Wheat Roll
16 Barbeque Pulled Pork Seasoned Green Beans Cinnamon Baked Apples Whole Wheat Roll (2)	17 Baked Fish w/ Citrus Sauce Summer Squash Souffle Seasonal Vegetable (greens) Pineapple Tidbits Whole Wheat Roll (2)	18 Mildred's Meatloaf Oven Roasted Red Potatoes Roasted Cauliflower Fruited Gelatin Salad Whole Wheat Roll (2)	19 Salmon Pasta Bake Steamed Broccoli Peach Crisp Whole Wheat Roll	20 COLD PLATE Chef Salad Sweet Potato Salad Fruit Cocktail Whole Wheat Roll
23 Cheese Omelet w/ Salsa Topping Roasted Glazed Root Vegetables Parslied Buttered Carrots Whole Wheat Roll (2)	24 Roast Turkey w/ Gravy Herbed Bread Stuffing Orange-Sauced Vegetables Pineapple Tidbits Whole Wheat Roll	25 BBQ Chicken Hominy Cheesy Grits Roasted Asparagus Fruit Cocktail Whole Wheat Roll	26 Spaghetti with Meatsauce Seasoned Greens w/ Olive Oil Spiced Peaches Whole Wheat Roll	27 Parmesan Crusted Fish Lima Beans and Corn Seasonal Vegetable Fresh Fruit Cornbread
30 Chicken Pot Pie w/ Cobbler Dough Topping Green Beans, Beets Whole Wheat Roll				

Meal includes 1% milk or calcium fortified beverage packets. Fruits are unsweetened. Bread includes 1 pat of spread. Menu is subject to change.