



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<p>1 Mealloaf w/Gravy Baked Potato Monaco Veggies Whole Grain Bread Birthday Cake</p>	<p>2 Chicken Parmesan Rotini w/Tomato Sauce Italian Blend Vegetables Tossed Green Salad Italian Bread Fresh Plums</p>	<p>3 Beef Pot Roast w/Gravy Whipped Potatoes Sliced Carrots Orange Juice Whole Grain Bread Fresh Pears</p>
<p>6 Labor Day All Senior Services Centers Closed (No meals served or delivered)</p>	<p>7 Lemon Pepper Fish w/Tartar Sauce Scalloped Potatoes Broccoli Whole Grain Bread Tropical Fruit</p>	<p>8 Beef Stew Corn Waldorf Salad Whole Grain Bread Brownie</p>	<p>9 French Cuisine Day Poulet Parisienne (Chicken) Over Rice French Cut Greene Beans French Bread Chocolate Eclairs</p>	<p>10 Macaroni Beef Bake Spinach Tossed Green Salad Orange Juice Italian Bread Fruited Jell-O</p>
<p>13 Swiss Broccoli Frittata Peas Orange Juice Whole Grain Bread Apricots</p>	<p>14 Kielbasa & Sauerkraut Baked Beans Carrots Pineapple Juice Hot Dog Bun Applesauce & Cookies ▼ Low Salt Subst.</p>	<p>15 Chicken & Biscuits Whipped Potatoes Oriental Vegetables Biscuits Butterscotch Pudding</p>	<p>16 Roast Pork w/Gravy Sweet & Sour Cabbage Oven Roasted Potatoes Winter Squash Whole Grain Bread Peanut Butter Swirl Brownies</p>	<p>17 Beef Tips & Mushrooms Over Noodles Mixed Vegetables Whole Grain Bread Cantaloupe</p>
<p>20 Baked Chicken Culet w/Mushroom Gravy Mashed Potato Broccoli Whole Grain Bread Tropical Fruit</p>	<p>21 Spanish Rice Green Beans Almondine Pineapple Cabbage Salad Whole Grain Bread Apricots</p>	<p>22 Corned Beef w/Cabbage Parsley Potatoes Sliced Carrots Whole Grain Bread Chocolate Pudding w/Whipped Topping ▼ Low Salt Subst.</p>	<p>23 Baked Fish Florentine w/Tartar Sauce Escalloped Potatoes Zucchini & Tomatoes Apricot Nectar Whole Grain Bread Oatmeal Cookies</p>	<p>24 Macaroni & Cheese Spinach 3 Bean Salad Cranberry Juice Whole Grain Bread Fruited Jell-O</p>
<p>27 Chili Con Carne over Brown Rice Old Fashion Mixed Vegetables Orange Juice Whole Grain Bread Tapioca Pudding</p>	<p>28 Chicken Divan Buttered Noodles Carrot Coins Whole Grain Bread Fresh Fruit</p>	<p>29 Pork Chop w/Gravy Sauerkraut Sweet Potatoes Cauliflower Parmesan Whole Grain Bread Spanish Bar Cake</p>	<p>30 Roast Turkey w/Gravy Stuffing Cranberry Sauce Whipped Potatoes Broccoli Whole Grain Bread Apricots</p>	<p>Suggested Donation is \$3.00 per meal. Our cost is \$8.05 per meal. Menu Subject to Change ▼ When there is a low sodium substitute, participants at the centers will be able to receive an alternate meal as long as they sign up for it in advance.</p>