

S E P T E M B E R 2019

06/13/2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3	4	5	6
LABOR DAY	Salisbury Steak Gravy (Brown) Lo Sod Sweet potato Broccoli Fruit Cup/Citrus Wheat bread Graham Crackers 1% Milk Margarine Lite	Chicken Patty Potatoes O'brien Broccoli Watermelon HambBun WhoGrain 1% Milk Margarine Lite Miracle Whip	<i>Tilapia Battereel</i> <i>Sweet potatoes</i> <i>Spinach</i> <i>Trop Fruit Mix</i> <i>1% milk</i> <i>Shortbread Cookies</i>	Chicken Parmesan Felt Ndis(whl grn) Brussel Sprouts Salad/tom/car Banana White WhIGrn Bread 1% Milk Margarine Lite Salad Dressing French
9	10	11	12	13
Ribette/BBQ-Sauce Peas/Carrots Coleslaw w vin/drsg Pears & Straw 1% Milk HambBun WhoGrain Margarine Lite Oatmeal/Raisin Cookie	Chicken Diced Seasoned Chddr Cheese-RF Salad/tom/car Chuckwagon Corn Apples Stewed Tortilla Who Wheat 1% Milk Salad Dressing Ranch Taco Sauce	Mostaccoli/WhiGrn W/Meat-sauce Italian Veg Salad/tom/car Pineapple/man-or-mix Italian Bread Graham Crackers 1% Milk Margarine Lite Salad Dressing Italian	Mexican Taco Salad Shredded Cheddar Lettuce/D Tomatoes Mexicali Mix Orange Nacho Light chips 1% Milk Margarine Lite Taco Sauce	BarBQ Beef Potato Salad Calif Blend Banana HambBun WhoGrain 1% Milk Margarine Lite
16	17	18	19	20
Chicken Brst Seasoned Potatoes AuGratin Broccoli Pineapple/man-or-mix White WhIGrn Bread Graham Crackers 1% Milk Margarine Lite	Beef Stew/vegs Salad/tom/car Banana Corn Muffin 1% Milk Margarine Lite Salad Dressing Ranch	Barbecue Chicken Prince Edw Mix Potato Salad Trop Fruit Mix HambBun WhoGrain 1% Milk Margarine Lite	Chicken Strips Sweet Pot Wedges Salad/tom/car Orange Graham Crackers Multigrain Bread 1% Milk Margarine Lite Sal Dress/1000 Honey Mustard	Beef-mac/casserole Scandnav-veg Pears Vanilla Wat/Ban Pudding 1% Milk Wheat bread Margarine Lite
23	24	25	26	27
Sloppy Joe's Potatoes AuGratin Scandnav-veg Peaches & Strawb HambBun WhoGrain 1% Milk Margarine Lite	Tuna Salad Cucumber Onion Salad Potato Salad Fruit Delight Multigrain Bread 1% Milk Margarine Lite	Chicken Fried Steak Gravy (country) Mashed Potatoes Green Beans Fruit Cup/Citrus Wheat Dinner Roll 1% Milk Margarine Lite	Beef Pattie Salad/tom/car Steak Fries Banana HambBun WhoGrain 1% Milk Margarine Lite Salad Dressing Ranch Ketchup/Mustard	Chicken Oven Fried Gravy (Chicken,LS) Mashed Potatoes Broccoli IceCrm(FFSF) White WhIGrn Bread 1% Milk Margarine Lite Orange Cake
30				
Fish (Breaded) Coleslaw w vin/drsg Splnach Trop Fruit Mix White WhIGrn Bread 1% Milk Margarine Lite Tartar Sauce Vinegar				

DAILY LUNCH HRS. 12:00 PM OVER 60 IS A SUGGESTED \$3.00 DONATION - ALL OTHERS \$5.75
 RESERVATIONS AT SIGN IN TABLE 1 DAY IN ADVANCE THANK YOU.

CALL 816-348-7410