



September 2017



**Senior Wellness and Nutrition Program  
Menu**

**\*Reservations and cancellations must be made 24 hours in advance to the Site Manager\***

MONDAY                      TUESDAY                      WEDNESDAY                      THURSDAY                      FRIDAY

 <p>I've never known anyone yet who doesn't suffer a certain restlessness when autumn rolls around... We're all eight years old again and anything is possible.</p> <p style="text-align: right;"><i>Sue Grafton</i></p> 		<p>1      <b>Cheddar Baked Fish</b> Sweet Potato Brussel Sprouts Wheat Bread Tropical Fruit</p>		
<p>4      <b>Holiday</b></p> 	<p>5      <b>Meatloaf</b> Mashed Potatoes w/Gravy Peas Rye Bread Mandarin Oranges</p>	<p>6      <b>Italian Sausage w/ Peppers &amp; Onions</b> Macaroni Salad California Blend Vegetables Banana</p>	<p>7      <b>Broccoli Cheese Soup w/Crackers</b> Grilled Chicken Salad w/Ranch Dressing Roll Fruited Jello</p>	<p>8      <b>Scampi Fish</b> Potato Wedges Coleslaw Apricot Juice Blueberry Cake</p>
<p>11      <b>Stuffed Shells w/ Meat Sauce</b> Prince Edward Vegetables Italian Bread Mixed Fruit Cocktail</p>	<p>12      <b>Turkey Broccoli Divan</b> Peppered Rice 12 Grain Bread Peaches</p>	<p>13      <b>Hamburger on a Bun w/ Lettuce &amp; Tomato</b> Potato Salad Baked Beans Apple Juice Peanut Butter Cookie</p>	<p>14      <b>Kielbasa Tortellini w/Alfredo Sauce</b> Tossed Salad w/ Dressing Wheat Roll Pineapple</p>	<p>15      <b>Crab Salad on Croissant w/Lettuce</b> 3 Bean Salad Cantaloupe</p>
<p>18      <b>Swedish Meatballs over Noodles</b> Capri Blend Vegetables Wheat Bread Pears</p>	<p>19      <b>Fried Chicken Drumsticks</b> Mashed Potatoes w/Gravy Glazed Carrots Rye Bread Applesauce</p>	<p>20      <b>BBQ Beef on a Roll</b> Tater Tots Green Beans Fruit Punch Juice Chocolate Pudding</p>	<p>21      <b>Turkey Ala King over Biscuit</b> Mixed Vegetables Mandarin Oranges</p>	<p>22      <b>Macaroni &amp; Cheese</b> Stewed Tomatoes 12 Grain Bread Grapes</p>
<p>25      <b>Country Fried Steak</b> Mashed Potatoes Spinach Wheat Roll Raspberry Peach Slices</p>	<p>26      <b>Apple Spiced Pork Roast</b> Roasted Red Potatoes w/Sour Cream Oriental Blend Veggies. Cranberry Juice Wheat Bread Chocolate Cream Pie</p>	<p>27      <b>Chicken Tenders</b> Steak Fries California Blend Vegetables Rye Bread Cinnamon Applesauce</p>	<p>28      <b>Baked Ziti</b> Garlic Bread Italian Blend Vegetables Italian Bread Tropical Fruit</p>	<p>29      <b>Western Omelet w/ Peppers &amp; Onions</b> Home fries Banana Muffin Fresh Fruit Cup</p>

All meals are served with 1/2 pint milk and margarine.  
**Menus are subject to change without notification.**

**ATTENTION:**

**Meals on Wheels Participants - Please call if you will NOT be home for your meal delivery.**