



## SENIOR COMMUNITY CAFÉ MENU CALENDAR –September 2019

MONDAY		TUESDAY		WEDNESDAY		THURSDAY	
2	Senior Center Closed In Observance of Labor Day Holiday	3	Stuffed Cabbage w/ Marinara Sce / Farfalle Noodles / Beets / 100 % Whole Wheat Bread / Pears	4	Orange Juice Hot Dog / Hot Dog Roll Mustard, Relish, Ketchup Baked Beans /Mixed Vegetables Lemon Pudding w/ Topping	5	Mariner's Clam Chowder Seafarer's Seafood Salad / Shredded Lettuce / Saltines / Club Roll / Peaches
9	Meatloaf w/ Gravy Mashed Potatoes Capri Blend Vegetables Wheat Bread Pineapple Tidbits	10	Orange Juice Chicken Caesar Salad w/ Chicken & Shredded Parmesan Cheese / Cucs / Cherry Toms / Caesar Salad Dressing / Croutons / Home- Baked Cookie	11	Hawaiian-Style Roast Pork Mashed Sweet Potatoes Peas & Diced Carrots 12 Grain Bread Fresh Orange	12	Orange Juice Turkey Divan Broccoli Baked Potato 100 % Whole Wh Bread Fruit Cocktail
16	Beef Chili / Shredded Cheese / Baked Potato Sliced Carrots / Wheat Dinner Roll / Fresh Orange	17	Orange Juice BBQ Pulled Pork on Multi-Grain Bun Tortellini Salad Red, Green, Purple Cabbage Coleslaw Fruit Cocktail	18	Roast Beef w/ Gravy Mashed Potatoes Chuck Wagon Blend Veggies 100 % Whole Wheat Bread Applesauce	19	Grape Juice Potato Crumbed Fish Potato Wedges/Ketchup Caribbean Blend Veggies Tartar Sauce Oatnut Bread Tapioca Pudding w/ Topping
23	Teriyaki Chicken Strips Brown & White Rice Broccoli Florets Dinner Roll Pineapple Tidbits	24	Hamburger w/ Broth on Multi-Grain Bun Sliced Toms & Shredded Lettuce Ketchup / Mustard/ Relish / Potato Salad Fresh Orange	25	<i>Birthday Party</i> Roast Turkey w/ Gravy Stuffing / Cranberry Sauce Garden Blend Vegetables Corn Muffin Birthday Cake RSVP by Sept. 23 <sup>rd</sup> Cost is \$5	26	Orange Juice Macaroni & Cheese Stewed Tomatoes Wheat Dinner Roll Frosted Cake
30	Grape Juice Cheesy Veggie Lasagna Squash Medley Wheat Dinner Roll Mandarin Oranges		October 1 <sup>st</sup> Menu TBD				

Elderly Nutrition Program meals are served Monday thru Friday to persons 60 years of age or older and their spouses

All meals are served with milk, bread and margarine. **SUGGESTED DONATION: \$2.50 (or whatever you can afford)**