

September

2022

LIGHTER FARE MENU

Monday	Tuesday	Wednesday	Thursday	Friday
<p>*TO ORDER, PLEASE CALL YOUR CENTER BY NOON THE DAY BEFORE TO RESERVE YOUR MEAL* *THE SUGGESTED DONATION FOR A MEAL IS \$2*</p>			1 Beef & Blue Cheese Salad Dinner Roll Pineapple	2 BBQ Chicken Salad Dinner Roll Fruit Salad
5 CLOSED	6 Turkey Cobb Salad Dinner Roll Banana	7 Deli Sandwich Four Bean Salad Melon	8 Med. Chicken Salad Dinner Roll Orange	9 Roast Beef & Cheddar Sandwich Broccoli Salad Pear
12 Antipasto Salad Dinner Roll Banana	13 Turkey Coleslaw Pita Potato Salad Fruit Salad	14 Chicken Caesar Salad Dinner Roll Melon	15 Tuna Salad Sandwich Lentil Salad Orange	16 Spring Turkey Salad Dinner Roll Pineapple
19 Italian Sandwich Tomato, Onion, & Olive Salad Apple Slices	20 Turkey BLT Bagel Coleslaw Fruit Salad	21 Chef Salad with Chicken Dinner Roll Melon	22 Ham & Cheddar Sandwich Broccoli Salad Apple Slices	23 Beef & Blue Cheese Salad Dinner Roll Pineapple
26 BBQ Chicken Salad Dinner Roll Fruit Salad	27 Cranberry Chicken Salad Sandwich Lentil Salad Orange	28 Turkey Cobb Salad Dinner Roll Banana	29 Deli Sandwich Four Bean Salad Melon	30 Med. Chicken Salad Dinner Roll Orange

September

2022

FROZEN MEAL MENU

Monday	Tuesday	Wednesday	Thursday	Friday
<p>*TO ORDER, PLEASE CALL YOUR CENTER BY THURSDAY THE WEEK BEFORE TO RESERVE YOUR MEALS* *THE SUGGESTED DONATION FOR A MEAL IS \$2*</p>			1 BBQ Meatballs Mashed Potatoes Green Beans Applesauce	2 Italian Breaded Haddock Zucchini & Tomatoes Penne Pear
5 Baked Chicken Red Potatoes Mixed Vegetables Pear	6 Swiss Steak Mashed Potatoes Peas & Carrots Applesauce	7 Turkey Meatballs Italian Veggie. Blend Penne Orange	8 Cheese Omelet & Turkey Sausage Breakfast Potatoes Orange	9 Breaded Haddock Garlic Herb Mashed Potatoes Broccoli Applesauce
12 Meatloaf Mashed Potatoes Peas Pear	13 Pulled Pork Green Beans Mac & Cheese Orange	14 Lemon Butter Chicken Carrots & Peas Rice Pilaf Orange	15 Turkey with Gravy Mashed Potatoes Mixed Veggies Apple	16 Cheese Ravioli Broccoli Carrots Applesauce
19 Meatball w/ Tomato Sauce Broccoli & Carrots Penne Apple	20 Sweet & Sour Chicken Stir Fried Veggies Brown Rice Orange	21 Roast Turkey Mashed Potatoes Green Beans Pear	22 Salisbury Steak w/ Gravy Mashed Potatoes Peas Apple	23 Cheese Tortellini Brussel Sprouts Applesauce
26 Chicken Alfredo Garlic Broccoli Pear	27 Scrambled Eggs & Turkey Sausage Breakfast Potatoes Orange	28 Honey Mustard Chicken Broccoli Noodles Apple	29 BBQ Meatballs Mashed Potatoes Green Beans Applesauce	30 Italian Breaded Haddock Zucchini & Tomatoes Penne Pear