

# Senior Center Lunch Menu

SEPTEMBER 2019

## Monday

2<sup>nd</sup> – CLOSED LABOR DAY

9<sup>th</sup> Baked chicken breast, blackberry BBQ sauce, whole kernel corn, green beans, wheat roll, fresh seasonal fruit, coffee, milk, margarine

16<sup>th</sup> Breaded pollock, baked sweet potato, brussels sprouts, multigrain bread, sugar cookie, coffee, milk, margarine, tartar sauce

23<sup>rd</sup> Baked chicken breast, tomato basil sauce, country potatoes, cabbage, multigrain bread, applesauce, coffee, milk, margarine

30<sup>th</sup> Sausage w/onions & peppers, baby red potatoes, green beans, hot dog bun, mandarin oranges, coffee, milk, ketchup & mustard

## Wednesday

4<sup>th</sup> BBQ Rib Patty, pickle slice, red onions, whole kernel corn, coleslaw, hot dog bun, peach cobbler, coffee, milk

11<sup>th</sup> Roast beef, brown gravy, whipped potatoes, sliced carrots, wheat roll, birthday cake, coffee, milk margarine

18<sup>th</sup> Sloppy joe, crispy cubed potatoes, mixed vegetables, hamburger bun, pineapple tidbits, coffee, milk

25<sup>th</sup> Breaded pollock, parslid potatoes, coleslaw, wheat hamburger bun, mixed fruit cobbler, coffee, milk, tartar sauce

**\*\* MENU SUBJECT TO CHANGE WITHOUT NOTICE\*\***

## Friday

6<sup>th</sup> Country fried steak, country gravy, whipped potatoes, green beans, wheat bread, apricot halves, coffee, milk, margarine

13<sup>th</sup> Pork loin, pork sauce, au gratin potatoes, broccoli, dinner roll, sliced pears, coffee, milk, margarine

20<sup>th</sup> Beef spaghetti casserole, mixed green salad, seasoned green beans, wheat bread, cherry cobbler, coffee, milk, margarine, Italian dressing

27<sup>th</sup> Open face roast beef sandwich, whipped potatoes w/ gravy, Italian vegetable blend, dinner roll, sliced pears, coffee, milk, margarine