
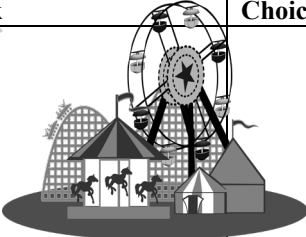


SENIOR CITIZENS MENU SEPTEMBER 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2, ALL CENTERS CLOSED FOR LABOR DAY	3 Chicken Strips with Cream Gravy Whipped Potatoes California Vegetables Mixed Fruit Dinner Roll Choice of Milk	4 Swiss Steak Baked Potato w/Sour Cream Mixed Vegetables Chocolate Cake Whole Wheat Bread Choice of Milk	5 Spaghetti with Meat Sauce Sliced Carrots Mixed Green Salad with Dressing Slice Pears Garlic Bread Choice of Milk	6 Beans and Ham with Sliced Onion Cucumber and Tomato Salad Spice Cake Fresh Baked Cornbread Choice of Milk
9 Swedish Meatballs served over Egg Noodles Yellow Squash Tropical Fruit Salad Dinner Roll Choice of Milk 	10 Chicken and Dressing with Gravy Seasoned Green Beans Cranberry Gelatin Salad Vanilla Ice Cream Whole Wheat Bread Choice of Milk	11 FAIR DAY BRUNCH (10:30) Sausage on a Stick /Mustard Steamed Corn Green Pea Salad Rainbow Sherbet <i>Whole Wheat Bread</i> Choice of Milk	12 Chicken Spaghetti Black-eyed Peas Sliced Peaches Lime Whip Fresh Baked Cornbread Choice of Milk	13 Sliced Roast Ham Seasoned Hominy Zucchini Squash Mixed Fruit Whole Wheat Bread Choice of Milk
16 DIEZ Y SEIS Tostado with Beef, Beans, Lettuce and Tomato, Cheese Salsa, Sour Cream Orange Juice Pineapple Pudding Choice of Milk	17 Fried Fish with Tartar Sauce Baked Beans Creamy Coleslaw Lemon Gelatin Cake Whole Wheat Bread Choice of Milk	18 Savory Meatloaf Corn Pudding Buttered Green Beans Fruited Gelatin Dinner Roll Choice of Milk	19 Chicken Fried Steak with Gravy Whipped Potatoes California Vegetables Carrot Cake Whole Wheat Bread Choice of Milk	20 Taco Bean Soup Pimiento Cheese Sandwich Pineapple Chunks Sugar Cookies Choice of Milk
23 Salisbury Steak with Gravy Macaroni and Cheese Green Peas Chocolate Chip Cookies Whole Wheat Bread Choice of Milk	24 Sliced Turkey in Gravy Baked Yam Green Peas with Onion Coconut Pie Whole Wheat Bread Choice of Milk	25 Chopped BBQ on a Bun with Pickle Spear Potato Salad Chilled Juice Vanilla Ice Cream Choice of Milk	26 Birthday's Oven Baked Chicken Breast Corn Pudding Green Beans Birthday Cake Whole Wheat Bread Choice of Milk	27 Savory Meatloaf Macaroni and Tomatoes Steamed Broccoli Mandarin Oranges Whole Wheat Bread Choice of Milk
30 Pepper Steak Sliced New Potatoes Mixed Vegetables Chocolate Pudding Swirl Dinner Roll Choice of Milk				

ROSE PARK SENIOR CENTER
LUNCH SERVED 11:30 A.M. TO 12:15 P.M.
APPROVED TAKE-OUT MEALS 12:15 P.M. TO 12:30 P.M.

COBB, G.V. DANIELS, SEARS,
LUNCH SERVED 11:30 A.M. TO 12:15 P.M.
APPROVED TAKE-OUT MEALS 12 P.M. TO 12:15 P.M.

MENUS SUBJECT TO CHANGE WITHOUT NOTICE