



# September Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>2</b> Aging Partners offices and all Senior Centers are closed for the holiday.	<b>3</b> Vegetable bisque Half club sandwich Cake Grape fruit sections	<b>4</b> Artichoke chicken bake Honey roasted carrots Roll Fruit	<b>5</b> Shepard's pie Cucumber onion salad Whole wheat bread Cherries	<b>6</b> Waffles Turkey breakfast sausage Hard-boiled egg Potatoes O'Brien Grape salad
<b>9</b> Catfish Cajun vegetables Hush puppies Fresh fruit Snickers salad	<b>10</b> Cheesy ham and potatoes Beets Cinnamon raisin bread Banana	<b>11</b> Hot turkey sandwich Gravy Mashed potatoes Asparagus Orange	<b>12</b> Stuffed pepper casserole Mixed vegetable Dinner roll Mango	<b>13</b> Chili Crackers Green beans Cinnamon roll Peaches
<b>16</b> Salisbury steak Gravy Roasted potatoes Peas Bread Fruit	<b>17*</b> Italian sausage hoagie Roasted cauliflower Fruit gelatin	<b>18</b> Chicken stir-fry Rice Egg roll Mandarin orange Banana flip	<b>19</b> Beef tips with gravy Mashed potatoes Antigua vegetables Whole wheat bread Fresh fruit	<b>20</b> Biscuits and gravy Cheese omelet Sautéed veggie mix Pears
<b>23</b> Open faced Reuben Fries Pickled spears Strawberries	<b>24</b> Cheesy chicken and rice Pea salad Bread pudding Pineapple	<b>25</b> Roasted chicken Red potatoes Relish sticks with dip Whole wheat roll	<b>26</b> Pulled pork Roasted red potatoes Coleslaw Pickle Cookie Watermelon	<b>27</b> Seafood chowder Oyster crackers Asparagus Cranberry apple salad
<b>30</b> Meatball sub Macaroni salad Mixed vegetable Fresh fruit				

**Menus are subject to change.**

- All meals include 1 percent or fat-free milk and margarine.
- Condiments/dressing available for sandwiches/salads.
- Sacks lunches are either free if the manager determines they are eligible (low income, food insecure, unable to shop, cook food), or they can be purchased for a fee of \$5 or \$5.25 with milk.
- \$4 meal suggested contribution age 60 and over.
- \$8 meal fee under age 60.
- \$4 transportation suggested contribution age 60 and over.



# September

## Lite Choice Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>2</b> <i>Aging Partners offices and all Senior Centers are closed for the holiday.</i>	<b>3</b> Chickpea salad with chicken Roll Rice Krispie treat Pears	<b>4</b> Vegetable beef soup Cheese stick Crackers Apple	<b>5</b> Italian cold cut Corn chips Relish sticks with dip Peaches	<b>6</b> Taco salad Chips Banana
<b>9</b> Tuna salad Lettuce salad Green beans Roll Mango	<b>10</b> Pimento cheese sandwich Mushroom salad V8 juice Plum	<b>11</b> Cold oven fried chicken Black-eyed pea salad Roll Strawberry apple sauce	<b>12</b> Beef patty Bun Potato salad Apple	<b>13</b> Sausage breakfast burrito Bell pepper strips Danish Mandarin orange
<b>16</b> 1/2 roasted beef sandwich Broccoli cheddar soup Pineapple	<b>17</b> Chicken pasta salad Pickled beets Sweet trail mix Fresh fruit	<b>18</b> Chicken tortilla soups Chips Coleslaw Grapes	<b>19</b> Chicken strips with dip Potato chips Broccoli salad Cookie Orange	<b>20</b> 1/2 cheese sandwich Tomato soup Crackers Celery with dip Peaches
<b>23</b> Peanut butter and jelly sandwich Cheese stick Veggie salad Banana	<b>24</b> Greek yogurt Hard-boiled egg Cereal Granola V8 juice Fruit plate	<b>25</b> Chef salad Crackers Mandarin orange	<b>26</b> Reuben salad Green beans Tropical fruit mix Cherry delight	<b>27</b> Cheeseburger Mac and cheese Three-bean salad Blue berries and cranberries
<b>30</b> Crab and pea salad Dinner roll Rice Krispie treat Pear				

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