





# SEPTEMBER 2019 SENIOR MENU

| MONDAY  | TUESDAY   | WEDNESDAY  | THURSDAY   | FRIDAY  |
|---|---|--|--|---|
| 2<br><b>Labor Day Closed</b><br> | 3<br>Meatloaf W/Gravy<br>Mashed Potatoes<br>Wheat Roll<br>Pineapple   | 4<br>Cheese Lasagna<br>Carrot/Raisin Salad<br>Sourdough Bread<br>Tropical Fruit                | 5<br>Rib B Q Sandwich<br>Coleslaw<br>Honeydew                                    | 6<br>Chinese Chicken Stir Fry<br>Rice<br> Cantaloupe Pudding |
| 9<br>Chicken Bowtie W/Pesto Sauce<br>Steamed Carrots<br>Sourdough Bread<br>Tropical Fruit                         | 10<br>Ham & Cheese Sandwich<br>(Tomato, Lettuce, Onion)<br>Navy Bean Soup<br> Sliced Apples Pudding  | 11<br>Salisbury Steak<br>Baked Potato W/Sour Cream<br>Dinner Roll<br>Cantaloupe Pieces         | 12<br>Beef Enchilada Casserole<br>Fiesta Corn<br>Fruited Jello                   | 13<br>Chicken Thigh W/ Mushroom Sauce<br>Peas & Carrots<br>Wheat Bread<br>Tropical Fruit  |
| 16<br>Beef Stroganoff<br>Peas & Carrots<br>Sourdough Bread<br>Sliced Apples                                       | 17<br>Pork Chili Verde<br>Spanish Rice<br>Refried Beans<br>Tropical Fruit   | 18<br>Cheeseburger (Tomato, Lettuce, Onion)<br>Pork & Beans<br>Cantaloupe                      | 19<br>Hearty Beef & Vegetable Stew<br>Egg Noodles<br>Hi C Salad<br>Diced Peaches | 20<br>Southwest Chicken & Rice Bowl<br>Tossed Salad<br>Honeydew<br>Pudding  |
| 23<br>Breaded Chicken Drumstick<br>Steamed Carrots<br>Wheat Bread<br>Tropical Fruit                               | 24<br>Hot Dog on a Wheat Bun<br>Pickled Beets<br>Sliced Apples  | 25<br>Pepper Steak W/Gravy<br>Mashed Potatoes<br>Dinner Roll<br>Caesar Salad<br>Pineapple Bits | 26<br>Breaded Fish Sandwich<br>Coleslaw<br>Honeydew                              | 27<br>Fettuccini Alfredo W/Chicken<br>Hi C Salad<br>Sourdough Bread<br>San Joaquin Dessert  |
| 30<br>BBQ Chicken Thigh<br>Macaroni & Cheese<br>Peas & Carrots<br>Tropical Fruit                                  | <p><b>Menu Subject To Change Without Notice</b></p> <p>Funding through: Fresno-Madera Area Agency on Aging All meals include Low Fat Milk</p> <p>Senior Suggested Donation: \$2.00 Non-Senior Rate: \$4.60</p> <p> <b>High Sodium Meal</b></p> |  |  |   |