



SEPTEMBER 2024 SENIOR MENU



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
  THANK YOU FOR YOUR HARD WORK	3 Beef & Vegetable Stew California Mixed Vegetables Wheat Dinner Roll Orange	4 Chicken Bowtie Pasta w/ Pesto Sauce Hi C Salad Sourdough Bread Honeydew Chunks	5 Cheeseburger on Whole Grain Bun Tomato, Lettuce & Onion Coleslaw Tropical Fruit	6 Stuffed Bell Peppers Vegetable Medley Wheat Dinner roll Pineapple Tidbits
9 Beef Pepper Steak w/ Gravy Onions & Bell Peppers California Mixed Vegetables Wheat Dinner Roll Orange	10 Breaded Fish Peas & Carrots Brown Rice Tropical Fruit	11 Sante Fe Chicken Thigh Mashed Sweet Potatoes Wheat Dinner Roll Cantaloupe Chunks	12 Hotdog on Wheat Bun Coleslaw Ketchup & Mustard Orange 	13 Beef Broccoli Brown Rice Pineapple Tidbits Pudding
16 Chicken Meatballs w/ Gravy California Mixed Vegetables Brown Rice Orange	17 Beef Salisbury Steak w/ Gravy Vegetable Medley Wheat Dinner Roll Tropical Fruit	18 BBQ Pork Sandwich Coleslaw Pineapple Tidbits 	19 <div style="text-align: center;">JOLLY TIMES</div>	20 Chicken Thigh w/ Mushroom Sauce Steamed Carrots Brown Rice Tropical Fruit
23 Stuffed Bell Peppers Steamed Carrots Wheat Dinner Roll Orange	24 Orange Chicken California Mixed Vegetables Brown Rice Cantaloupe Chunks	25 <div style="text-align: center;">SUMMER BASH</div>	26 Polish Sausage w/ Onions & Bell Peppers Potato Salad Ketchup & Mustard Orange 	27 Vegetable Chili Peas & Carrots Corn Muffin Pineapple Tidbits
30 Chicken Stir Fry Onion, Broccoli & Bell Peppers Brown Rice Tropical Fruit	*MENU IS SUBJECT TO CHANGE WITHOUT NOTICE		Call by 11am to reserve lunch at least 1 day in advance 324-2750	ALL MEALS INCLUDE LOW FAT MILK

Funding through: Fresno-Madera Agency on Aging

Seniors 60 years & older suggested contribution: \$2.50 Non-Senior Rate: \$6.27