

# COUNCIL ON AGING~SENIOR NEIGHBORHOOD DINING MENU~ SEPTEMBER 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SEPTEMBER 7	SEPTEMBER 8	SEPTEMBER 9	SEPTEMBER 10	SEPTEMBER 11
SEPTEMBER 14	SEPTEMBER 15	SEPTEMBER 16	SEPTEMBER 17	SEPTEMBER 18
SEPTEMBER 21	SEPTEMBER 22	SEPTEMBER 23	SEPTEMBER 24	SEPTEMBER 25
SEPTEMBER 28	SEPTEMBER 29	SEPTEMBER 30		



**Breakfast Sausage Casserole**  
 Diced Sweet Potatoes  
 Green Peas  
 Whole Wheat Bread w/ Margarine Cup  
 Pineapple  
 1% Low Fat Milk  
 (sausage contains pork and beef)

**Chef Salad w/ Ranch Dressing**  
 (Sliced Turkey & Cheese)  
 Whole Grain Bread w/ Margarine Cup  
 Graham Crackers  
 Blended Juice  
 1% Low Fat Milk

**Sliced Cuban Pork w/ Sofrito**  
 Black Beans  
 Green Beans  
 Whole Wheat Bread w/ Margarine Cup  
 Cinnamon Apples  
 1% Low Fat Milk

**Baked Chicken Thigh**  
 Mixed Vegetables  
 Garlic Mashed Potatoes  
 Whole Grain Bread w/ Margarine Cup  
 Fresh Fruit  
 1% Low Fat Milk



**Chicken Salad**  
 Broccoli Salad  
 Cucumber & Tomato Salad  
 Whole Wheat Bread  
 Graham Crackers  
 Orange Juice  
 1% Low Fat Milk

**Meatloaf w/ Apple Brown Gravy**  
 Spinach  
 Diced Potatoes  
 Whole Grain Bread w/ Margarine Cup  
 Mixed Fruit  
 1% Low Fat Milk

**Chicken Caesar Salad w/ Caesar Dressing**  
 Carrot Raisin Salad  
 Whole Grain Bread w/ Margarine Cup  
 Orange Pineapple Juice  
 1% Low Fat Milk

**Cheeseburger**  
 (Hamburger Patty, Cheese Slice, Whole Grain Bun)  
 Potato Wedges  
 Mushrooms  
 Ketchup/ Mustard  
 Fresh Fruit  
 1% Low Fat Milk

**Seasoned Grilled Chicken Breast w/ Country Pepper Gravy**  
 Yellow Rice w/ Mixed Vegetables  
 Green Beans  
 Whole Grain Bread w/ Margarine Cup  
 Blended Juice  
 1% Low Fat Milk

**Cheese Omelet**  
 Spinach  
 Cheese Grits  
 Whole Grain Bread w/ Margarine Cup  
 Pineapple  
 1% Low Fat Milk  
**BIRTHDAY CELEBRATION!**

**Italian Chicken Pasta Salad w/ Italian Dressing**  
 Spring Mix Salad  
 Beet & Onion Salad  
 Whole Grain Bread & Margarine Cup  
 Mandarin Oranges  
 1% Low Fat Milk

**Baked Lemon Pepper Chicken**  
 Winter Mix Vegetables  
 White Rice  
 Whole Wheat Bread w/ Margarine cup  
 Fresh Fruit  
 1% Low Fat Milk

**Pasta and Meat Sauce**  
 Mixed Vegetable  
 Carrots  
 Whole Grain Bread w/ Margarine Cup  
 Applesauce  
 1% Low Fat Milk

**Beef Riblet w/ Apple Brown Gravy**  
 Squash Medley  
 Mashed Potatoes  
 Whole Grain Bread w/ Margarine Cup  
 Orange Pineapple Juice  
 1% Low Fat Milk

**Chicken Breast w/ Florentine Sauce**  
 Spinach  
 Brown Rice  
 Whole Wheat Bread w/ Margarine Cup  
 Pineapple  
 1% Low Fat Milk

**Chili-Cheese Hot Dog**  
 Whole Grain Hot Dog Bun, Three Bean  
 Chili topped w/ Shredded Cheese  
 Mushrooms, Peppers, & Onions  
 Chopped Onion, Ketchup, & Mustard  
 Fresh Fruit  
 1% Low Fat Milk

**Breakfast Sausage Casserole**  
 Diced Sweet Potatoes  
 Green Peas  
 Whole Wheat Bread w/ Margarine Cup  
 Pineapple  
 1% Low Fat Milk  
 (sausage contains pork and beef)

**Chef Salad w/ Ranch Dressing**  
 (Sliced Turkey & Cheese)  
 Whole Grain Bread w/ Margarine Cup  
 Graham Crackers  
 Blended Juice  
 1% Low Fat Milk



**MENU IS SUBJECT TO CHANGE WITHOUT NOTICE**

