



September 2009

To access ingredient content, please contact Senior Resources at 419-898-6459

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Aloha Festival Hawaiian Pork over Rice Maui Vegetables Wheat Bread Tropical Fruit Cocktail	2 Cheese Omelet Sautéed Peppers and Onions Hash Browns Mini Bagels/cream cheese Strawberries and Bananas	3 Cholesterol Ed. Month Baked Fish Almandine (ALT. Baked Chicken) Bean and Potato Soup Buttered Broccoli Tropical Fruit Whole Wheat Crackers	4 Chicken Cacciatore Cauliflower & Carrots Mashed Potatoes Greek Green Beans Rye Bread Waldorf Salad
7 Labor Day-Closed No Home Delivered Meals Senior Centers Closed Have a great Holiday!	8 Salisbury Steak Parsely Potatoes Carrots Cantaloupe Chunks Whole Wheat Bread Animal Crackers	9 Chicken Salad on Bed of Lettuce Cheesy Biscuits Fresh Pear	10 Healthy Aging Month Salmon Patty with Creamed Peas (ALT Chef Salad) Prince Charles Blend Veggies Whole Wheat Roll Fresh Orange	11 Johnny Marzetti Seasoned Summer Squash Carrot Raisin Salad Chilled Grape Juice Cornbread Peach Crisp
14 Hispanic Heritage Month Chicken Fajitas Mexicali Blend Vegetables Refried Beans Tropical Fruit Salad 	15 Food Safety Month Oven Parmesan Chicken Broccoli Au Gratin Wax Beans Macaroni Salad Fresh Orange Cheesy Biscuits 	16 Pork Cutlet California Blend Vegetables Creamy Coleslaw Apple Walnut Stuffing Whole Wheat Roll Fresh Banana	17 Turkey Pot Pie Diced Potatoes Pineapple Tidbits Mixed Green Salad Whole Wheat Bread Graham Crackers 	18 Rosh Hashanah Roast Beef Noodle Kugel Carrot Tzimmes Chilled Grape Juice Challah Bread Apple Slices/Honey
21 Let's Welcome Fall! Roast Turkey Baked Potato Seasoned Spinach Lima Beans Fruit Cocktail Pumpkin Bread Autumn Salad	22 Roast Pork Tenderloin Sweet Potato Cauliflower Fresh Grapes Assorted Hard Rolls	23 Cold Reuben Sandwich (LS Alt=Roast Beef/cheese) German Potato Salad Coleslaw Ambrosia Salad 	24 Russian Day Stuffed Cabbage Rolls (LS Alt=Baked Chicken) Cottage Cheese Beets Mashed Potatoes Rye Roll—Strawberries <i>PC, Danbury & Elmore Bday</i>	25 Genoa Card Party Sloppy Joe on Wheat Bun Colby Cheese Roasted Sweet Potatoes Green Bean Casserole Orange/Pineapple Gelatin Whipped Topping <i>Genoa Bday Pie</i>
28 Country Fried Steak Buttered Corn Mashed Potatoes& Gravy Bran Muffin Peaches	29 Birthday Bash Meatloaf Green Beans Maui Blend Vegetables Buttermilk Biscuit Mandarin Oranges	30 Spaghetti and Meatballs Brussels Sprouts Garlic Bread Plums <i>Oak Harbor Bday Pie</i>		LS Alt=Low Sodium Alternate LF Alt=Low Fat Alternate **Must be ordered ahead