

ACTIVE ADULT CENTER Menu – September 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 COST SAVINGS DAY NO MEALS OR TRANSPORTATION
4 Labor Day Holiday CENTER CLOSED	5 Roast Pork & Gravy Scalloped Potatoes California Blend Vegetables Fresh Summer Fruit Whole Wheat Bread	6 Tuna Salad Mixed Greens w/tomato & Dressing Fresh Broccoli & Carrots w/dip Grape Juice Sugar Cookie Dinner Roll	7 Sweet Sausage Sandwich w/peppers & Onions Wedding Soup Peaches Hoagie Roll	8 Cheeseburger Potato Salad Fresh Tomato Salad Fresh Seasonal Melon Sandwich Roll Ketchup & Mustard
11 Baked Beef & Cheese Lasagna Tossed Salad w/tomato, cucumbers & carrots Apple Garlic Breadstick	12 BBQ Chicken Breast Baked Potato Sweet Corn Mandarin Oranges Whole Wheat Bread	13 Chef Salad (Ham, Turkey, Cheeses) w/Ranch Tossed Salad w/Tomato, Carrots, Red Cabbage Corn Chowder Pears Crackers & Breadstick	14 Tater Fish Buttered Noodles Cole Slaw Fresh Seasonal Fruit Cornbread Muffin	15 Southwest Chicken Wrap Lettuce & Tomato Macaroni Salad Fresh Broccoli w/Dip Fruited Jello
18 Chicken Marsala Cheesy Orzo Green Beans Pineapple Tidbits Whole Wheat Bread	19 Ravioli w/Meat Sauce Buttered Summer Squash Tossed Salad Garlic Breadstick Blueberry Cheesecake Cup	20 Garlic and Herb Haddock Baked Potato w/Sour Cream and Butter Broccoli Corn Bread Muffin	21 All Beef Hot Dog Macaroni Salad Baked Beans Cantaloupe Hot Dog Roll, w/Ketchup, Mustard and Onion	22 Crabby Cake Salad Mixed Greens w/Tomato Vinaigrette Dressing Cole Slaw Strawberries Angel Food Cake Dinner Roll
25 Baked Cube Steak w/onion gravy Garlic Mashed Potatoes Mixed Vegetables Butterscotch Pudding Whole Wheat Bread	26 CENTER CLOSED NO MEALS	27 BBQ Pulled Pork Sandwich Orange Blossom Sweet Potatoes Coleslaw Peach Crisp WW Sandwich Roll	28 Turkey & Cheese Hoagie Lettuce/Tomato & Onion Vegetable Soup Fresh Seasonal Fruit Hoagie Roll	29 Baked Porcupine Meatball w/tomato sauce Mashed Potatoes Creamed Sweet Corn Oatmeal Cookie Whole Wheat Bread

All meals include a serving of 2% milk All meals include a serving of 2% milk **To reserve your meal, call 231-3076 by 10am the day before you plan to visit**

***Adults age 55-59, the lunch cost is \$4.25 (must be paid in advance)**

***Adults age 60 & over, a donation of \$1.50 per meal is requested to help offset some of the cost.**