



SEPTEMBER 2023

1 - Friday
 Whole Wheat Pasta with Meat Marinara
 Broccoli
 Carrots
 Mandarin Oranges
 Dessert
MO: Chickpea Marinara

<p>4 - Monday</p> <p>SENIOR CENTER CLOSED</p> 	<p>5 - Tuesday</p> <p>Beef Mushroom Stroganoff Egg Noodles Carrots Pears Dessert</p> <p>MO: Veggie Chick'n Mushroom Stroganoff</p>	<p>6 - Wednesday</p> <p>Chicken Lentil Stew Green Beans Fruit Cocktail Dessert</p> <p>MO: Chickpea Stew</p>	<p>7 - Thursday</p> <p>Turkey Burger Roasted Potatoes Applesauce Dessert</p> <p>MO: Veggie Burger</p>	<p>8 - Friday</p> <p>*Ham, Broccoli, Brown Rice Casserole Peas Pineapple Dessert</p> <p>MO: Veggie Chick'n Casserole</p>
<p>11 - Monday</p> <p>Brat Corn Baked Beans Peaches Dessert</p> <p>MO: Veggie Brat</p>	<p>12 - Tuesday</p> <p>Baked Spaghetti with Italian Sausage Mixed Greens Mandarin Oranges Dessert</p> <p>MO: Spaghetti w/Garbanzo Marinara</p>	<p>13 - Wednesday</p> <p>Shredded Roast Beef Mashed Potatoes California Blend Veg. Pears Dessert</p> <p>MO: Veggie Chickpea Patty</p>	<p>14 - Thursday - Nat'l Coloring Day</p> <p>Sweet & Sour Chicken Brown Rice Peas Carrots Tropical Fruit Dessert</p>  <p>MO: Veggie Chick'n</p>	<p>15 - Friday</p> <p>BBQ Chicken Breast Veggie Pasta Salad Broccoli Salad Applesauce Dessert</p> <p>MO: Veggie BBQ Chick'n</p>
<p>18 - Monday</p> <p>*Sliced Hot Ham Scalloped Potatoes Green Beans Fruit Cocktail Dessert</p> <p>MO: Tofu Alfredo</p>	<p>19 - Tuesday - Talk Like a Pirate Day</p> <p>Chicken Meatballs Spanish Rice Corn Peas Pineapple Dessert</p>  <p>MO: Chickpea Meatballs</p>	<p>20 - Wednesday</p> <p>Vegetable Beef and Bean Soup Peaches Dessert</p> <p>MO: Vegetable Bean Soup</p>	<p>21 - Thursday</p> <p>Chicken Alfredo Penne Pasta Carrots Broccoli Mandarin Oranges Dessert</p> <p>MO: Veggie Chicken Alfredo</p>	<p>22 - Friday</p> <p>Hamburger Creamy Cucumber Salad Tropical Fruit Dessert</p> <p>MO: Black Bean Burger</p>
<p>25 - Monday</p> <p>Sliced Turkey & Gravy Mashed Potatoes Lima Beans Pears Dessert</p> <p>MO: Garbanzo Bean & Gravy</p>	<p>26 - Tuesday</p> <p>*Sausage Veggie Egg Bake Hashbrown Patty Corn OJ Cup Muffin</p> <p>MO: Black Bean Veggie Egg Bake</p>	<p>27 - Wednesday</p> <p>Greek Chicken w/Red Peppers Lemon Brown Rice Zucchini Fruit Cocktail Dessert</p> <p>MO: Veggie Chick'n w/Red Peppers</p>	<p>28 - Thursday</p> <p>Sloppy Joe Coleslaw Roasted Potatoes Banana Dessert</p> <p>MO: Sloppy Beyond "Beef" Joe</p>	<p>29 - Friday</p> <p>Chicken a la King Egg Noodles Carrots Peas Pineapple Dessert</p> <p>MO: Veggie Chick'n a la King</p>

Senior Dining



Following Food

Meals provided by: TnT's Catering

All menu items are prepared in kitchens that are not allergen-free.

We cannot guarantee that food allergens will not be transferred through cross contact. No substitutions allowed.

MO: meatless option *contains pork

