














MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY			
Menu A - Home-Delivered Meals **Menu B - Senior Centers Only**							
 This meal is high in sodium See back of menu for nutrition information. 	Suggested meal donation • \$3.00						
ALL CENTERS CLOSED  NO MEAL DELIVERY				1 Labor Day Meal 2 A: Brown Sugar Chopped Steak B: Pork Loin with Country Gravy Whipped Potatoes Okra and Tomatoes Cornbread Muffin Diced Pears 			
		3 A: BBQ Chicken B: Fish Almandine Whole Kernel Corn Green Beans Wheat Bread Fudge Cream Cookie 		4 A: Chimichurri Turkey Breast B: Herbed Pork Loin Confetti Rice Country Tomatoes Multigrain Bread Creamsicle Pudding *Diet - Vanilla Pudding 		5 A: King Ranch Chicken Casserole B: Beef Enchilada Pie Black Beans Steamed Cauliflower Cinnamon Sugar Cookie *Diet - Graham Crackers 	
6 A: Sloppy Joe B: Battered Pollock Glazed Beets Green Beans Hamburger Bun Fresh Fruit		7 A: Beef Hot Dog B: Polish Sausage with Sauerkraut Roasted Potatoes Sliced Carrots Hot Dog Bun Fresh Fruit 		8 A: Oven Fried Chicken B: Roast Beef with Gravy Whipped Potatoes with Gravy Green Peas with Onions Wheat Roll Sherbet 		9 A: Chicken Divan B: Liver and Onions Rice Mixed Vegetables Wheat Bread Lime Gelatin *Diet - Gelatin	
10 A: Pesto Chicken B: Fish Sticks Ranch Whipped Potatoes Green Beans Multigrain Bread Fruit Cocktail 		11 A: Loaded Potato Casserole B: Buffalo Chicken Pasta Whole Kernel Corn Stewed Tomatoes Wheat Bread Fresh Fruit		12 A: Beef Jardine B: Turkey Pot Roast with Gravy Rice Pilaf Broccoli Texas Bread Lemon Cake 		13 A: Sesame Chicken B: Mu Shu Pork Sugar Snap Peas Jasmine Rice Dinner Roll Vanilla Pudding *Diet - Vanilla Pudding	
14 A: Meatloaf with Tomato Gravy B: Parmesan Fish Baked Potato Half Ranchero Vegetables Multigrain Bread Fudge Cream Cookie		15 A: Chicken Alfredo B: Beef Pepper Casserole Whole Kernel Corn Green Beans Wheat Bread Rice Krispy Treat		16 A: Western Baked Beef B: Creamy Dill Chicken Whipped Potatoes Broccoli Texas Bread Pineapple Tidbits 		17 A: Swedish Beef Meatballs B: Smoked Polish Sausage Delmonico Potatoes Glazed Carrots Multigrain Bread Strawberry Swirl Pudding *Diet - Vanilla Pudding	