

Please call by 8:30 AM and leave a message for your reservation 644-4541-2145

September 2018 Menus

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	4	5	6	7
LABOR DAY				
10	11	12	13	14
Beef & Noodles Broccoli Creamy Cole Slaw Cinnamon Apples Apricots	Chicken, Orange and Almond Salad Raisin Bran Muffin Fruit Cup Chocolate Pudding	Liver & Onions -OR- Beef Patty Boiled Potatoes w/gravy Mixed Vegetables Strawberries and Bananas WW Roll	Egg Salad on Bun Tomato Spoon Salad Sweet Summer Salad Royal Brownie Cantaloupe	Meat Loaf Baked Potato Harvard Beets Cranberry/Pear Crisp Orange Juice
17	18	19	20	21
Golden Baked Chicken Potatoes w/ Gravy Garden Beans Fruit Cup WW Roll	Porcupine Meatballs Mashed Potatoes Brussel Sprouts Strawberries & Bananas	Crunchy Pollock Potato Wedges Peas Cookie Peaches	Cheese Burger WW Bun Santa Fe Corn Baby Carrots Plums OJ	Ham Roasted Red Potatoes California Blend Raisin Rice Pudding
24	25	26	27	28
Creamed Chicken Buttermilk Biscuit Green Beans Strawberry Rhubarb Raisin Crisp Grape Juice	Hearty Veg Beef Soup Corn Bread Banana Half Cinnamon Apples w/Crunchy Topping	Salisbury Ground Beef Baked Potato Mixed Vegetables or Mixed Vegetable Salad Peaches	Hot Pork Sandwich w/ WW Bread and Potatoes w/Gravy Orange Glazed Beets Oatmeal Raisin Bar	Bean Soup & Ham Crackers Corn Bread Ice Cream
<p>* 1/3 of the Required Daily Amounts (RDA) for persons age 70+ * Milk * Condiments as appropriate * Sodium >800mg</p>				


Elderbridge
 AGENCY ON AGING
 Amy Bogans MS RDN LDN