





Monday	Tuesday	Wednesday	Thursday	Friday
<p>Birthday Day: Celebrating the month's birthdays! On Thursday, September 23.</p>		<p>1 Breaded Chicken Baked Potato with Sour Cream Asparagus Pears Multigrain Bread</p>	<p>2 Individual Pizzas Mediterranean** OR Pepperoni & Sausage Pizza Spinach Salad Fresh Fruit</p>	<p>3 Pork Loin with Savory Dressing Waldorf Salad Pineapple Whole Wheat Roll</p>
<p>6 CLOSED</p> 	<p>7 Pork Carnitas Flat Bread Pinto Beans Tossed Salad with Ranch Dressing Whole Orange</p>	<p>8 Crunchy Fish with Tartar Sauce Roasted New Potatoes Creamy Coleslaw Pears</p>	<p>9 Beef Stuffed Peppers Roasted Cauliflower & Carrots Fresh Fruit Whole Wheat Roll</p>	<p>10 Green Chili Chicken Breast Spanish Rice Tossed Salad with Ranch Dressing Apple  Whole Wheat Roll</p>
<p>13 Pork & Vegetables White Bean Stew Spinach Salad with Sunflower Seeds & Balsamic Dressing Fruit Cup Whole Wheat Roll</p>	<p>14 Blackened Chicken with Avocado Cream Sauce Cilantro Lime Quinoa  Marinated Fresh Vegetables Grapes</p>	<p>15 Green Chili Smothered Beef & Bean Burrito Sour Cream & Guacamole  Lettuce Cheddar Cheese Whole Orange</p>	<p>16 Roast Turkey Baked Potato with Sour Cream Asparagus Pineapple with Coconut Whole Wheat Roll</p>	<p>17 Eggplant Parmesan with Marinara Meat Sauce Whole Wheat Spaghetti Tossed Salad with Italian Dressing Whole Apple</p>
<p>20 Chicken Enchiladas Sour Cream & Salsa Spanish Rice Shredded Lettuce Whole Orange</p>	<p>21 Lemon Baked Fish Potato Wedges Peas & Cheese Salad Mixed Fruit Cup Whole Wheat Roll</p>	<p>22 Meatball Hero on Whole Wheat Bun with Sliced Provolone Mixed Greens with Italian Dressing Strawberries</p>	<p>23 Birthday Lunch Pork Marsala Whole Wheat Pasta Spinach Salad with Balsamic Dressing Grapes Whole Wheat Roll</p>	<p>24 Herb Baked Chicken Mashed Potatoes with Gravy Tossed Salad with Ranch Dressing Whole Orange Whole Wheat Roll</p>
<p>27 Meatloaf Oven Browned Potatoes Vegetable Medley Mixed Fruit</p>	<p>28 Mediterranean Baked Cod with Lemon & Garlic Lebanese Rice Chickpea Salad Toasted Pita Bread Apple</p>	<p>29 Chicken Avocado Pita Sandwich Mixed Green with Italian Dressing Fresh Fruit</p>	<p>30 Roasted Thigh & Drumstick Chicken Mashed Potatoes Corn Grapes Sesame Seed Roll</p>	<p>**Med Pizza Spinach Artichoke Hearts Red Onion Black olives Tomatoes Feta Cheese Basil</p>

Grab N Go Lunches: Come to the Senior Center west facing kitchen window to pick up your lunch starting at 12:15pm. Indoor Dining will begin promptly at 12 noon.

Suggested donation for 60+ \$3.50; for 59 & under the cost is \$12. Chef Salad, Grilled Chicken Salad, Vegetarian Salad options available. (Meals prepared in a facility with wheat, nuts & milk)

Menu subject to change.

Meals on Wheels offers an option of home delivery & weekend meals, please call 303-665-0566