



SEPTEMBER 2017 MENUS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Each Meal Includes:			1
	<p>* 1/3 of the Required Daily Amounts (RDA) for persons age 70+ * Skim or 1% milk *Condiments as appropriate  Sodium > 800mg</p> <p><i>Amy Bonas MS RDN LDN</i></p>			<p>Salisbury Ground Beef Mashed Potatoes Carrots Mixed Fruit Cranberry Juice</p>
4	5	6	7	8
LABOR DAY	<p>Crunchy Pollock Roasted Red Potatoes Broccoli Strawberry-Rhubarb Crisp w/ Ice Cream WW Roll</p>	<p>Tater Tot Casserole Tossed Salad Apple Slices Oatmeal Fruit Bar OJ</p>	<p>Egg Salad on Bun Tomato Spoon Salad Potato Salad Royal Brownie Cantaloupe</p>	<p>Roast Turkey Potatoes & Gravy Spinach Au Gratin Blushing Pears</p>
11	12	13	14	15
<p>Tuna & Noodles Broccoli Creamy Cole Slaw Cinnamon Apples Apricots</p>	<p>Chicken, Orange and Almond Salad Raisin Bran Muffin Fruit Cup Chocolate Pudding</p>	<p>Liver & Onions -OR- Beef Patty Boiled Potatoes w/gravy Mixed Vegetables Strawberries and Bananas WW Roll</p>	COOK'S CHOICE	<p>Meat Loaf Baked Potato Harvard Beets Cranberry/Pear Crisp Orange Juice</p>
18	19	20	21	22
<p>Porcupine Meatballs Mashed Potatoes Brussel Sprouts Strawberries & Bananas</p>	<p>Cheese Burger WW Bun Santa Fe Corn Baby Carrots Plums OJ</p>	<p>Golden Baked Chicken Potatoes w/ Gravy Garden Beans Fruit Cup WW Roll</p>	<p>Crunchy Pollock Potato Wedges Peas Chocolate Pudding Peaches</p>	<p>Ham Loaf Roasted Red Potatoes California Blend Raisin Rice Pudding</p>
25	26	27	28	29
COOK'S CHOICE	<p>Salisbury Ground Beef Baked Potato Mixed Vegetables or Mixed Vegetable Salad Peach Crisp</p>	<p>Hot Pork Sandwich w/ WW Bread and Potatoes w/Gravy Carrots & Broccoli Oatmeal Raisin Bar</p>	<p>Hearty Veg Beef Soup Corn Bread Banana Half Cinnamon Apples w/Crunchy Topping</p>	<p>Creamed Chicken Buttermilk Biscuit Green Beans Strawberry Rhubarb Raisin Crisp OJ</p>