



**SEPTEMBER 2017 MENUS**

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