



SEPTEMBER 2019

Lunch is served 11:30 -12:15 Monday-Friday.
 Donation of \$2.50 ages 60+, cost of \$5.62 ages 59 and younger. Reserve lunch by noon the day before you wish to eat. Call 419.885.3913

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9/2/2019 Closed	9/3/2019 A: Swedish Meatballs B: Parmesan Chicken Garlic Rotini Rosemary Carrots Multi-Grain Bread Peaches Milk Margarine Diet - Same	9/4/2019 A: Chicken Marsala B: Beef Italiano Rosemary Potatoes Broccoli Wheat Bread Graham Crackers Pineapple Tidbits Milk Margarine Diet - Same	9/5/2019 A: Beef Taco Pie B: Chilaquiles Casserole Mexican Rice Mixed Beans Flour Tortilla Cinnamon Apples Milk Diet - Same	9/6/2019 A: Veal Parmesan B: Turkey Divan Garlic Red Pepper Penne Italian Vegetable Blend Garlic Breadstick Fresh Fruit Milk Margarine Diet - Same
9/9/2019 A: Creamy Paprika Chicken B: Meatballs w/Mushroom Gravy Rice Spinach Wheat Roll Fresh Fruit Milk Margarine Diet - Same	9/10/2019 A: Turkey Ham Macaroni & Cheese B: Macaroni & Cheese Green Peas with Red Peppers Sliced Carrots Wheat Bread Fresh Fruit Milk Margarine Diet - Same	9/11/2019 A: Chicken & Rice Casserole B: Ham and White Beans Herbed Green Beans Cabbage Corn Muffin Mandarin Oranges Milk Margarine Diet - Same	9/12/2019 A: Beef with Mushroom Gravy B: Cheese Omelet Hashbrown Casserole Broccoli Wheat Roll Applesauce Milk Margarine Diet - Same	9/13/2019 A: Southwest Chicken Salad B: Ham Salad Marinated Carrots Three Bean Salad Wheat Bread Fresh Fruit Milk Diet - Same
9/16/2019 A: Beef Mostaccioli B: Pasta Primavera Rosemary Carrots Broccoli Texas Bread Pineapple Tidbits Milk Margarine Diet - Same	9/17/2019 A: Pork with Supreme Sauce B: Chicken Supreme Cheesy Rice Green Beans Multi-Grain Bread Peaches Milk Margarine Diet - Same	9/18/2019 A: Roast Beef with Gravy B: Chicken A La King Whipped Potatoes Garden Vegetable Blend Wheat Roll Fruit Cocktail Milk Margarine Diet - Same	9/19/2019 A: Chicken with Mushroom Gravy B: Beef Italiano Buttered Rotini/Tomatoes Cauliflower Dinner Roll Fresh Fruit Milk Margarine Diet - Same	9/20/2019 A: Glazed Ham B: Beef with Gravy & Peppers Baked Sweet Potato Spinach Wheat Roll Fresh Fruit Milk Margarine Diet - Same
9/23/2019 A: Garlic Rosemary Chicken B: Savory Beef Patty Whipped Sweet Potatoes Broccoli Wheat Bread Fresh Fruit Milk Margarine Diet - Same	9/24/2019 A: Hamburger Patty B: BBQ Pork Rib Patty Lettuce & Tomato Baked Beans Coleslaw Hamburger Bun Hot Spiced Peaches Milk Mustard or Ketchup Diet - Same	9/25/2019 A: Oven Breaded Chicken Patty B: Beef with Mushroom Gravy Country Potatoes Sliced Carrots Multi-Grain Bread Pineapple Tidbits Milk Margarine Diet - Same	9/26/2019 A: Pork Roast w/Gravy B: Vegetarian Chili Red Potatoes Zucchini & Tomatoes Corn Muffin Fresh Fruit Milk Margarine Diet - Same	9/27/2019 A: Asian Meatballs in sweet sour sauce B: Baked Chicken Breast in Teriyaki Sauce Fried Rice Japanese Vegetable Blend Wheat Roll Mandarin Oranges Milk Margarine Diet - Same

9/9/30/2019
 A: Spanish Beef Patty
 B: Savory Chicken
 Whipped Potatoes
 Glazed Carrots
 Wheat Roll
 Tropical Fruit
 Milk
 Margarine
 Diet - Same

Cassidy Rivers Beavers, MS, RD, LD

Food Allergy Reference List Available
 @ 419-382-5791