



# September 2024

## Community Nutrition Network & Senior Services Association



Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p>	<p>3</p> <p>Italian sausage /marinara            Scalloped potatoes            Brussel sprouts            Wheat bun            Fresh melon</p>	<p>4</p> <p>Bbq pulled chicken            Cheesy mashed potato            Broccoli            Wheat bun            Chilled pears</p>	<p>5</p> <p>Dilled tuna salad            Lettuce &amp; Tomato            Garbanzo &amp; kidney beans            w/ slivered carrots            Wheat Kaiser            Fruit Cup</p>	<p>6</p> <p>Chicken Marbella            Rice Florentine            Country blend            Whole wheat bread            Whole Orange</p>
<p>9</p> <p>Kielbasa            Dilled potatoes            Bean casserole            Rye bread            Fruit cup</p>	<p>10</p> <p>Chicken w/ garden            rotini pasta salad            Salad greens            Tomato wedges            Multi-Grain bread            Pineapple Tid-Bits</p>	<p>11</p> <p>Eggs Lorraine            Potatoes O'Brien            Fruit cup            Blueberry muffin            Whole orange</p>	<p>12</p> <p>Baked meatloaf /gravy            Mashed potatoes            Carrots &amp; Chives            Wheat Bread            Chilled peaches</p>	<p>13</p> <p>Potato crusted fish filet            Au Gratin potatoes            Peas            Whole wheat bread            Applesauce</p>
<p>16</p> <p>Meatball marinara sub            Potatoes Italiano            Italian green beans            Wheat French roll            Whole orange</p>	<p>17</p> <p>Salisbury Steak            Mashed Potatoes\Gravy            Cabbage &amp; Carrots            Multi-Grain Bread            Mixed Fruit            Oatmeal Raisin Cookie</p>	<p>18</p> <p>Roasted turkey breast &amp;            Wisconsin cheddar            Wheat Kaiser            Lettuce &amp; Tomato            Pea salad            Pineapple Tid-Bits</p>	<p>19</p> <p>Lemon basil chicken            Garden Vegetables            Corn &amp; black beans            Multi-Grain dinner roll            Applesauce</p>	<p>20</p> <p>Veal parmesan            Penne Pasta/ marinara            Broccoli            Wheat Vienna bread            Fresh melon</p>
<p>23</p> <p>Chicken ala orange            Vegetable rice pilaf            Northern beans            Bran muffin bread            Chilled peaches</p>	<p>24</p> <p>French dip beef w/ mush-            rooms &amp; onions            Oven fries            Corn            French roll            Apple</p>	<p>25</p> <p>Classic Lasagna W/            Meat Sauce            Squash Medley            Italian Green Beans            Whole Wheat Bread            Chilled Pears</p>	<p>26</p> <p>Surimi Crab Salad            Mixed Greens W/            Tomato Wedges            Dilled Cucumbers            Apple Cinnamon Muffin            Fruit Cup</p>	<p>27</p> <p>Hot Dog            Twice Baked Potato            Casserole            Peas &amp; Carrots            Wheat Hot Dog Bun            Banana</p>
<p>30</p> <p>Roast Pork &amp; Gravy            Au Gratin Potatoes            Peas &amp; Carrots            Wheat Bread            Whole Apple</p>	<p>For your safety, if you cannot eat all of your meal or if you are not ready to eat your meal, REFRIGERATE IT RIGHT AWAY!</p> <p>Do not leave it sitting out. Please be safe. Each meal served with fat-free or skim milk.</p>			

**Menu subject to change due to availability of items.** Funding in in part is provided by AgeGuide

Suggested Lunch Donation: \$4.00