

JOSEPHINE & JACKSON COUNTY SENIOR NUTRITION SERVICES • SEPTEMBER 2010

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>A suggested minimum donation is requested from seniors 60 and older.</p> <p>Non-seniors must pay the full cost of the meal.</p> <p>1% milk served with all meals.</p>	 <p align="center">GRANDPARENTS DAY, SEPT. 12</p>	<p>HEARTY CHICKEN STEW Steamed Spinach Tossed Salad Cracked Wheat Roll Oatmeal Raisin Cookie</p> <p align="right">1</p>	<p>BEEF PATTY W/ PEPPERS & ONIONS Scalloped Potatoes Scandinavian Blend Vegt Cracked Wheat Bread Hermit Bar</p> <p align="right">2</p>	<p>ROAST PORK W/GRAVY Whipped Potatoes w/Gravy Capri Blend Vegetables Wheat Oat Bread Rice Pudding</p> <p align="right">3</p>
<p align="center"><u>CLOSED FOR HOLIDAY</u></p>  <p align="right">6</p>	<p>CRISPY BAKED CHICKEN Baked Beans Pineapple Mandarin Salad Squash Roll Almond Poppyseed Cake</p> <p align="right">7</p>	<p>TUNA SALAD SANDWICH on Whole Wheat Bread Pasta Vegetable Salad Cuke/Tom/Onion Salad Chocolate Brownie</p> <p align="right">8</p>	<p>THREE CHEESE LASAGNA Italian Blend Vegetables Garden Vegetable Salad Garlic French Roll Vanilla Pudding</p> <p align="right">9</p>	<p>MEATLOAF W/CREOLE SAUCE Parslied Potatoes Green Peas Multigrain Bread Apple Cobbler</p> <p align="right">10</p>
<p>BEEF SPANISH RICE Cut Green Beans Creamy Coleslaw Cornmeal Roll Chocolate Pudding</p> <p align="right">13</p>	<p>PORK CHOP SUEY over Steamed Rice Broccoli Cuts Oriental Pea Salad Pineapple Crisp</p> <p align="right">14</p>	<p>MACARONI & CHEESE Escalloped Tomatoes Cut Green Beans Herb Bread Birthday Cake</p> <p align="right">15</p>	<p>VEGETABLE CHEESE STRATA Mixed Vegetables Marinated Zucchini Salad Seven Grain Roll Fresh Watermelon</p> <p align="right">16</p>	<p>BREADED FISH W/TARTAR SAUCE Whipped Potatoes Country Trio Vegetables Dill Wheat Bread Lemon Square</p> <p align="right">17</p>
<p>ROAST BEEF W/GRAVY Whipped Potatoes w/Gravy Scandinavian Blend Vegt Onion Bread Peach Crisp</p> <p align="right">20</p>	<p>CHICKEN TETRAZZINI Steamed Carrots Romaine Iceberg Salad Whole Wheat Roll Honeydew Melon</p> <p align="right">21</p>	<p>ROAST TURKEY W/GRAVY Whip Potatoes w/Gravy Capri Blend Vegetables Oat Bran Bread Pumpkin Pie Square</p> <p align="right">22</p>	<p>MEATLOAF W/GRAVY Sour Cream & Chive Potatoes Peas & Carrots Caraway Rye Bread Birthday Cake</p> <p align="right">23</p>	<p>SLOPPY JOE on Whole Wheat Bun Oven Baked Red Potatoes Cauliflower Grace's Choc Cookie</p> <p align="right">24</p>
<p>CHICKEN RICE PILAF Winter Mix Vegetables Carrot Raisin Salad French Roll Fresh Melon Cup</p> <p align="right">27</p>	<p>BEEF CHEDDAR PIE Country Trio Vegetables Garden Vegetable Salad Sunflower Seed Roll Banana Pudding</p> <p align="right">28</p>	<p>COWBOY CAMPFIRE STEW Broccoli Cuts Chilled Pears Cornbread Cowboy Cookie</p> <p align="right">29</p>	<p>CHICKEN POT PIE over Biscuit Steamed Spinach Marinated Spring Garden Salad Applesauce Cake</p> <p align="right">30</p>	