

ADRC Senior Nutrition Program Menu September 2019

Monday	Tuesday	Wednesday	Thursday	Friday
2 Meal sites are closed.	3 Egg salad sandwich Southern pasta and bean salad Whole wheat roll Cook's choice fruit	4 Taco salad with hamburger, black beans, salsa, sour cream Tortilla chips Rhubarb crisp with topping	5 Lasagna Side salad Garlic bread Cook's choice fruit	6 Hearty chicken and wild rice soup with vegetables Cottage cheese Whole wheat bread Fresh fruit cup
9 Pulled pork on bun Cole/broccoli slaw 3 bean salad Whole wheat roll Strawberry rhubarb	10 Meatloaf Mashed potatoes Broccoli Whole wheat bread Cook's choice fruit	11 Meal sites closed.	12 Cook's choice	13 Chicken salad sandwich Baked potato salad Cucumber salad Whipped gelatin fruit salad
16 Salisbury steak with gravy Mashed potatoes Dilled carrots Rye bread and butter Peach crisp with topping	17 Ham Au gratin potatoes Steamed spinach Whole wheat bread Cook's choice fruit	18 Meal sites closed for lunch. Evening meals being served at A&H and Siren Meal Site. Call the meal site for details and to RSVP.	19 Sloppy joe on a bun Baked beans Broccoli slaw Cook's choice fruit	20 Baked cod Baked potato Mexicali corn Buttered bread Cook's choice fruit
23 Cook's choice	24 Tuna salad sandwich on whole wheat bread Marinated vegetable salad Cook's choice fruit	25 Meal sites closed.	26 Baked chicken Scalloped potato Baked/calico beans Whole wheat bread Cook's choice fruit	27 Lemon and pepper baked fish Baked potato with butter/sour cream Summer squash Whole wheat roll Cottage cheese and peaches
30 Stuffed red peppers Mashed potatoes Mexicali corn Whole wheat bread Cranberry apple crisp with topping				