

Sample Senior Menu 2

September 2010

All Juice is 100% Fruit Juice, 4oz

All Milk is 1%, 8oz

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		Chicken Orzo Soup 1 Orange Juice Beef Pot Roast with Gravy Garlic Mashed Potatoes Orange Glazed Carrots Rye Bread / Margarine Sliced Peaches	2 Chicken Fricassee Glazed Sweet Potatoes Lima Beans Whole Wheat Bread / Margarine Lemon Cake with Lemon Icing Fresh fruit	3 Mild Western Turkey Chili Brown Rice Baby Peas Whole Kernel Corn Muffin / Margarine Frozen Yogurt Cup
6 <i>Closed</i> <i>Labor Day</i>	7 Hamburger on Bun / Catsup German Potato Salad Baked Beans Lettuce Leaves, Onion & Tomato Slices Chocolate Cake with Vanilla Icing	8 Vegetable Beef Soup Blended Juice Lemon Chicken Wild Rice Dressing Brussel Sprouts Whole Wheat Bread / Margarine Fruit Cocktail	9 Stuffed Shells (2)with Red Sauce Meatballs (2) with Red Sauce Italian Flat Beans Antipasto Salad / Dressing Italian Bread / Margarine Fresh Fruit in Season	10 Italian Wedding Soup Apple Juice Fillet of Fish with Lemon Sauce Macaroni and Cheese Broccoli Spears Rye Bread / Margarine Tapioca Pudding
13 Beef Rice Soup Cranberry Juice Roasted Chicken Curry with Peaches and Raisins Brown Rice Baby Peas Whole Wheat Bread / Margarine Carrot Cake with Vanilla Icing	14 Turkey Rice Soup Blended Juice Seafood Salad on Lettuce Vegetable Pasta Salad Carrot Raisin Salad Round Roll / Margarine Fruited Jello	15 Stuffed Cabbage Mashed Potatoes Cut Green Beans Tomato Cucumber Vinaigrette Italian Bread / Margarine Chocolate Pudding	16 Vegetable Rice Soup Orange Juice Turkey Pot Roast with Gravy Baked Sweet Potato Chopped Spinach Whole Wheat Bread / Margarine Frozen Yogurt Cup Fresh Fruit	17 Chicken Noodle Soup Blended Juice Center Cut Pork Chop with Cinnamon Apple Gravy Oven Browned Sliced Potatoes Sweet and Sour Red Cabbage Rye Bread / Margarine Oatmeal Raisin Cookie
20 Salisbury Steak with Brown Mushroom Gravy / Catsup Baked Potato Okra with Tomatoes and Corn Rye Bread / Margarine Vanilla Pudding	21 Chicken Noodle Soup Apple Juice Breaded Chicken Fillet with Marsala Sauce Mashed Potatoes Baby Carrots Whole Wheat Bread / Margarine Sliced Peaches	22 Minestrone Soup Cranberry Juice Vegetable Lasagna / Red Sauce Broccoli Spears 3 Bean Salad Italian Bread / Margarine Fruited Jello	23 Beef Orzo Soup Blended Juice Tuna Salad on Lettuce Macaroni Salad Tomato Vinaigrette Round Roll / Margarine Angel Food Cake	24 Orange Chicken Cornbread Dressing Harvard Beets Whole Wheat Bread / Margarine Chocolate Ice Cream Sundae Iced Chocolate Cake
27 Crab Cake Au Gratin Potatoes Broccoli Spears Tomato Cucumber Vinaigrette Whole Wheat Bread / Margarine Fruit Cocktail	28 Italian Turkey Sausage in Red Sauce Oven Brown Potato Wedges / Catsup Sautéed Peppers and Onions Lettuce & Tomato Salad / Dressing Small Hoagie Roll / Margarine Rice Pudding	29 Vegetable Beef Soup Orange Juice Thin Sliced Garlic Roasted Pork with Gravy Whipped Sweet Potatoes California Mixed Vegetables Rye Bread / Margarine Blueberry Florentine	30 Barbecued Chicken Mashed Potatoes Peas and Carrots Lettuce and Tomato Salad / Dressing Whole Wheat Bread / Margarine Cinnamon Applesauce	

ANY QUESTIONS OR CONCERNS CALL NU-WAY 201 997-4851