




# SEPTEMBER 2010 HOT MEALS

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			<b>1</b> HUNGARIAN GOULASH SWEET & SOUR CABBAGE SWEET PEAS MANDARIN ORANGES GARLIC ROLL	<b>2</b> SESAME CHICKEN ON WHITE RICE CARROTS GREEN BEANS CHOW MEIN NOODLES RAISIN BRAN MUFFIN	<b>3</b> LEMON HERB CRUSTED FISH CONFETTI RICE ORIENTAL VEGETABLES RYE ROLL	<b>4</b>
<b>5</b>	<b>6</b> Labor Day  AGENCY CLOSED	<b>7</b> BAKED CHICKEN THIGH ROASTED REDSKIN POTATOES BRUSSEL SPROUTS CRUSHED PINEAPPLE BISCUIT	<b>8</b> MEAT CHILI BROCCOLI WAX BEANS & BELL PEPPERS CRACKERS CORNBREAD	<b>9</b> SWEET & SOUR PORK ON BROWN RICE CARROTS ORIENTAL VEGETABLES CHOW MEIN NOODLES ORANGE	<b>10</b> SPANISH RICE w/GR.PEPPERS BROCCOLI SEASONED PINTO BEANS BANANA GREEN CHILE CORNBREAD	<b>11</b>
<b>12</b>	<b>13</b> WHITE CHICKEN CHILI CARROTS SWEET PEAS HOMEMADE CORNBREAD PEACHES	<b>14</b> BAKED ZITI W/ ITALIAN SAUSAGE AND CHEESE CAULIFLOWER GREEN BEANS WHITE ROLL	<b>15</b> SLOPPY JOE BAKED BEANS ROASTED REDSKIN POTATOES FRUIT COCKTAIL WHEAT BUN	<b>16</b> HEARTY BEEF STEW SWEET WHOLE KERNEL CORN STEWED TOMATOES BANANA HOMEMADE BISCUIT	<b>17</b> SESAME CHICKEN ON WHITE RICE GREEN BEANS CARROTS RAISIN BRAN MUFFIN	<b>18</b>
<b>19</b>	<b>20</b> BEEF BARLEY STEWED TOMATOES BISCUIT APPLE RINGS BLACK BEAN SALAD	<b>21</b> HUNGARIAN GOULASH SWEET & SOUR CABBAGE SWEET PEAS PINEAPPLE TIDBITS GARLIC HERB ROLL	<b>22</b> CHICKEN & RICE CASSEROLE HONEY GLAZED CARROTS SUCCOTASH BANANA CORN BREAD	<b>23</b> MEATLOAF WITH GRAVY WHIPPED IDAHO POTATOES STEWED TOMATOES PEACH CRISP FRESH OATMEAL ROLL	<b>24</b> MACARONI & CHEESE SPINACH HONEY GLAZED CARROTS BANANA WHEAT ROLL	<b>25</b>
<b>26</b>	<b>27</b> BARBEQUE CHICKEN THIGH ROASTED SWEET POTATOES TENDER MUSTARD GREENS PEARS HOMEMADE BISCUIT	<b>28</b> CHEESEBURGER REDSKIN POTATOES BAKED BEANS W/ONI./GR.PEP. CITRUS COLESLAW WHITE BUN	<b>29</b> PORK ROAST WITH ONION GRAVY WHOLE KERNEL CORN W/PEP. WHIPPED POTATOES BANANA CORN BREAD	<b>30</b> LASAGNA BRUSSEL SPROUTS SUCCOTASH MANDERINE ORANGES GARLIC HERB ROLL		
		<p><b>All meals contain 80-100 grams of carbohydrates, approximately 5-6 carb "servings".</b>  <b>All menus are trans fat free.</b>  <b>Menus Subject to Change</b></p>				<p><b>Senior Services, Inc.</b></p>  <p>Meeting the need – yesterday, today...and tomorrow</p>