




SEPTEMBER 2010 HOT MEALS

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