

SEPTEMBER 2010 SUPPER SACKS

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 COTTAGE CHEESE W/TOMATO ICEBURG LETTUCE CRACKERS 100% PINEAPPLE JUICE OATMEAL ROLL	2 ASIAN CHICKEN SALAD WITH ALMONDS ORANGE JUICE CRACKERS GARLIC HERB ROLL	3 TURKEY WRAP W/PESTO & COLBY AMBROSIA SALAD APPLE SPICE MUFFIN	4 ROAST BEEF & AMERICAN SANDWICH ON WHITE BREAD BLACK BEAN & CORN SALAD ORANGE PINEAPPLE JUICE
5 CREAMY CRAB PASTA SHELLS BLUEBERRY MUFFIN BROCCOLI SALAD PEACHES	6 Labor Day AGENCY CLOSED	7 TUNA SALAD SANDWICH ON WHITE BREAD ZUCCHINI SLAW CORN & BACON CHOWDER PEARS	8 ISLAND MAC. & CRAB SALAD MARINATED TOMATOES ORANGE WHITE ROLL	9 ROAST BEEF & SWISS SANDWICH ON WHITE BREAD MARINATED VEGETABLES C.J.'S HOMEMADE POTATO SALAD ORANGE PINEAPPLE JUICE	10 TUNA & ROTINI SALAD W/PEAS GRAPES MARIN. CUKES & TOMATOES APPLE SPICE MUFFIN CRACKERS	11 CHICKEN SALAD SANDWICH ON WHITE BREAD ITALIAN PASTA GRAPE JUICE
12 TURKEY WRAP MACARONI SALAD PEACH & PEAR MIX APPLE JUICE	13 SEAFOOD SALAD SANDWICH ON WHITE BREAD BROCCOLI SALAD PEA & ONION SALAD PINEAPPLE TIDBITS	14 EGG SALAD SANDWICH WHEAT BREAD BEEF & BARLEY VEGETABLE SOUP ORANGE CRACKERS	15 TURKEY & SWISS BAGEL ON WHITE BREAD MARINATED TOMATOES C.J.'S HOMEMADE POTATO SALAD 100% ORANGE PINEAPPLE JUICE	16 CREAMY CRAB PASTA SHELLS FRUIT COCKTAIL GARBANZO BEAN SALAD OATMEAL ROLL	17 CHICKEN CHEDDAR SALAD WITH CROUTONS RAISIN BRAN MUFFIN 100% APPLE JUICE RANCH DRESSING	18 HOMEMADE MEATLOAF ON WHITE BREAD MARINATED VEGETABLE SALAD PICKLED BEETS MANDARIN ORANGES
19 PEANUT BUTTER & JELLY ON WHEAT BREAD VANILLA YOGURT PEARS	20 ZESTY CHICKEN WRAP W/CHEESE BROCCOLI SALAD CHUNKY APPLESAUCE RAISIN BRAN MUFFIN	21 YOGURT WITH PEACHES SCOTT'S GRANOLA SPLIT PEA SOUP/CRACKERS RAISIN BRAN MUFFIN	22 GARDEN CHEF SALAD W/TURKEY FRUIT COCKTAIL ROLL HERB CROUTONS 100% ORANGE PINEAPPLE JUICE	23 ALL WHITE MEAT CHICKEN SALAD ON WHEAT BREAD CREAMY MACARONI SALAD 100% APPLE JUICE	24 ALBACORE TUNA SALAD WHITE BREAD CREAMY COLESLAW 100% GRAPE JUICE THREE BEAN SALAD	25 TURKEY SANDWICH ON WHEAT BREAD HOMEMADE POTATO SALAD DICED APPLES
26 MOZZARELLA CHEESE CUBES GRAPES ITALIAN PASTA WHEAT CRACKERS	27 CHICKEN CHEDDAR SALAD RAISIN BRAN MUFFIN MANDARIN ORANGES FRENCH DRESSING CRACKERS	28 CURRY RICE & TURKEY SALAD BLACK BEAN SALAD ORANGE CREAMY CHICKEN & WILD RICE SOUP	29 ZESTY CHICKEN WRAP WITH CHEESE CHUNKY APPLESAUCE FRUIT MUFFIN CRACKERS	30 TURKEY TWIST SALAD TROPICAL FRUIT 100 % PINEAPPLE JUICE BROWN RICE AND PEA SALAD BANANA MUFFIN		
	<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>	