

| Monday                                                                                                       | Tuesday                                                                                               | Wednesday                                                                                                    | Thursday                                                                                                        | Friday                                                                                                |
|--------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------|
|                                                                                                              | 1<br>Turkey Pot Pie w/ biscuit top<br>Broccoli<br>Tropical Fruit<br>Cookie                            | 2<br>Lentil Soup<br>Egg Salad Sandwich<br>Dilled Cucumber Salad<br>Fresh Fruit                               | 3<br>Pasta Salad<br>Tuna Melt<br>Sun Chips<br>Fresh Fruit                                                       | 4<br>Coleslaw<br>Fish and Chip w/ tarter<br>Corn Muffin<br>Cookie<br>Peaches                          |
| 7<br><i>Labor Day!</i><br>No Meals Provided                                                                  | 8<br>Pickled Beet Salad<br>Oven Fried Chicken<br>Rice Pilaf<br>Pineapple<br>Dinner Roll               | 9<br>Baked Potato Soup<br>Grilled Turkey and Cheese<br>French Fries<br>Banana Pudding Parfait                | 10<br>Black Bean Salad<br>Chicken Fajitas w/sour<br>cream and salsa<br>Spanish Rice<br>Mandarin Oranges         | 11<br>Meatloaf w/ mashed<br>potatoes and gravy<br>Steamed Carrots<br>Fresh Fruit<br>Dinner Roll       |
| 14<br>Chicken Salad on Croissant<br>with lettuce and tomato<br>Fresh Veggies and Dip<br>Chips<br>Fresh Fruit | 15<br>Swedish Meatballs over egg<br>noodles<br>Steamed Carrots<br>Mixed Fruit<br>Dinner Roll          | 16<br>Baked Fish<br>Wild Rice<br>Steamed Vegetables<br>Dinner Roll<br>Peaches                                | 17<br>Minestrone Soup<br>Club Sandwich<br>Cookie<br>Fresh Fruit                                                 | 18<br>Lasagna<br>Breadstick<br>Steamed Broccoli<br>Apricots                                           |
| 21<br>Pork Chop Patty<br>Scalloped Potatoes<br>Steamed Vegetables<br>Pears<br>Dinner Roll                    | 22<br>Sweet and Sour Chicken<br>Steamed Rice<br>Stir Fry Veggies<br>Mandarin Oranges                  | 23<br>Taco Salad w/ beef, cheese,<br>sour cream, lettuce, salsa,<br>and chips.<br>Refried Beans<br>Pineapple | 24<br>Grilled Chicken Sandwich w/<br>lettuce and tomato<br>Potato Wedges<br>Pea and Cheese salad<br>Fresh Fruit | 25<br>Salisbury Steak w/mashed<br>potatoes and gravy<br>Mixed Vegetables<br>Applesauce<br>Dinner Roll |
| 28<br>Vegetable Quiche<br>Roasted Potatoes<br>Yogurt<br>Muffin<br>Fresh Fruit                                | 29<br>Lemon Pepper Pollock<br>Baked Potato w/ Sour Cream<br>Steamed Veggies<br>Peaches<br>Dinner Roll | 30<br>Italian Salad<br>Stuffed Shells w/ marinara<br>and parmesan<br>Breadstick<br>Pears                     |                                                                                                                 |                                                                                                       |

1% milk, 2 oz of whole grain, and fortified margarine are available with all meals. *All fresh produce is subject to availability. Substitutions may be made without notice.*

Suggested meal donation for eligible persons is \$5.00. For non-eligible persons, cost is \$9.00 per meal