



Lunch menu

September 2018

| Mon | Tues | Wed | Thur | Fri |
|---|---|--|---|---|
| HOLIDAY | 3 Baked chicken with gravy Summer squash Green beans Brown rice Banana pudding Milk | 4 Spaghetti in meat sauce Steamed broccoli Tossed salad with Italian salad dressing Gelatin with fruit Milk | 5 Sausage with peppers and onions Cabbage Field peas Rice Yogurt Milk | 6 Chicken salad sandwich on whole wheat bun with lettuce, tomato Potato salad Fresh fruit Milk |
| Oven-baked ham Lima beans Collard greens Whole wheat roll with margarine Fresh fruit Milk | 10 Lemon herb chicken Whole kernel and creamed corn Stewed tomatoes Rice Fruit cup Milk | 11 Riblet sandwich on a hoagie roll Potato wedges Tomato and cucumber salad Cookie Milk | 12 Beef stew Peas and carrots Tossed salad with dressing Brown rice Cinnamon applesauce Milk | 13 Herb baked fish with tartar sauce Baked beans Cole slaw Whole wheat roll w/margarine Fresh fruit Milk |
| Beef Stroganoff Lima beans Sliced carrots Apple crisp Milk | 17 BBQ chicken Scalloped potatoes Broccoli Whole wheat roll Fresh fruit Milk | 18 Sausage with peppers and onions Peas Cabbage Rice Cookie Milk | 19 Chicken fricassee Turnip greens Mixed veggies Cornbread muffin with margarine Yogurt Milk | 20 Salisbury steak with gravy Mashed potatoes Steamed broccoli Whole wheat roll with margarine Peach cobbler Milk |
| Tuna salad with lettuce and tomato Potato salad Crackers Apple Milk | 24 Chicken tetrazzini Peas and carrots Squash Oatmeal cookie Milk | 25 Hamburger on whole wheat bun with lettuce, tomato, onion, ketchup, mustard, mayonnaise Baked beans Fresh fruit Milk | 26 BBQ chicken Turnip greens Tossed salad with French dressing Baked macaroni and cheese Fruit cup Milk | 27 Roast beef with gravy Harvard beets Green beans Yellow rice Yogurt Milk |

*Menu subject to market availability

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