

First Day
of Fall
September 22

SOUTH CARROLL SENIOR CENTER September Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
1 LABOR DAY ***** CENTER CLOSED	2 New Item Chicken Divan WG Brown Rice Diced Peaches WG White Wheat Bread Sign up due by 10:00am 8/27	3 Sliced Corned Beef w/ Mustard Dill Sauce Mashed Potatoes Braised Red Cabbage Corn & Pea Salad Tropical Fruit WG White Wheat Bread Sign up due by 10:00am 8/28	4 New Item Indian Butter Chicken Bombay Brown Rice Kachumber Salad Mandarin Oranges WG White Wheat Bread Sign up due by 10:00am 8/29	5 New Item Mediterranean White Bean Soup Turkey-Ham Maccaroni Salad Plate Baby Spinach Bed Grape Tomatoes Pineapple Tidbits WG White Wheat Bread Sign up due by 10:00am 9/2
8 Chicken Cordon Blue Sandwich <i>(Cheese, Lettuce & Tomato)</i> WG Sandwich Roll Broccoli Salad Baked Beans Fruited Yogurt Sign up due by 10:00am 9/3	9 Beef Pot Roast Au Jus <i>(Horseradish Cream Sauce)</i> WG Sandwich Bun Honey Roasted Beets Fresh Cole Slaw Sign up due by 10:00am 9/4	10 Aging Your Way Expo Formally (Senior Expo) Senior Centers Closed	11 SUB Roast Turkey & Cheese on Kaiser Roll <i>(Lettuce, Tomato & Onion)</i> Potato Salad Cole Slaw Fruit Cocktail Sign up due by 10:00am 9/5	12 Roasted Pork Loin w/Dijon Cream Sauce Okra & Tomatoes Garlic Mashed Potatoes Fruit Cocktail WG White Wheat Bread Sign up due by 10:00am 9/8
15 Honey BBQ Beef Rib Patty WG Sandwich Roll Fresh Cole Slaw Fiesta Black Beans Fruited Yogurt Sign up due by 10:00am 9/9	16 Fall Feast <i>Hosted By</i> SCSC Site Council Buy Tickets At The Front Desk \$10.00 Per Ticket 8/18—9/8 1LB Steamed Shrimp Chicken Parmesan Pulled Pork BBQ Cole Slaw, Fruit Salad, Shrimp Soup & Dessert <i>Boxed Lunch May Be Ordered From Normal Vendor</i>	17 Salisbury Steak w/ Mushroom Gravy Roasted Potatoes Seasoned Greens Amish White Bean Salad WG White Wheat Bread Sign up due by 10:00am 9/12	18 SPECIAL Hot Dog Hot Dog Bun Sauerkraut Vegetarian Beans Fruit Sign up due by 10:00am 9/9	19 Cream of Broccoli Soup BBQ Chicken Sandwich WG Hamburger Roll Fresh Red Cabbage Slaw Fruited Yogurt Sign up due by 10:00am 9/16
22 Fall Into Fall Chicken Cordon Blue w/ Gravy Mashed Potatoes Peas & Onions Dinner Roll Apple Pie Sign up due by 10:00am 9/12	23 Chicken Breast w/Creamy Artichoke Sauce Lemon Rice Pilaf Seasoned Green Beans Cinnamon Apple Slices WG White Wheat Bread Sign up due by 10:00am 9/18	24 New Item Lentil & Spinach Soup Tuna Salad Sandwich <i>(Lettuce & Tomato)</i> WG White Wheat Bread Corn & Edamame Applesauce Sign up due by 10:00am 9/19	25 Pot Roast of Beef Chasseur Roasted Potatoes Seasoned Greens Mandarin Oranges WG White Wheat Bread Sign up due by 10:00am 9/22	26 New Item Creamy Chicken Piccata WG Brown Rice Buttered Carrots Green Pea & Red Pepper Salad WG White Wheat Bread Sign up due by 10:00am 9/23
29 Pepperjack Cheeseburger <i>(Lettuce & Tomato)</i> WG Sandwich Roll Fresh Broccoli Slaw Tropical Fruit Fruited Yogurt Sign up due by 10:00am 9/24	30 New Item Tuna Noodle Casserole WG White Wheat Bread Chickpea & Tomato Salad Hot Cinnamon Apples Sign up due by 10:00am 9/25	A Boxed Lunch May Be Ordered From Our Normal Vendor On September 16th SEE STAFF TO ORDER BOXED LUNCH	Reservation Required by posted sign up date. <i>To reserve a lunch fill out the colored lunch reservation book located in the hallway outside the dining room by the specified date. Cost of lunch for center members 60+ is a donation up to \$6.31 (full cost of meal). Per grant requirements, those under 60 must pay the full price of \$6.31. Spouses of adults over 60+, regardless of age, may give a donation if they accompany their spouse. If unaccompanied by their spouse, they must pay the full price of \$6.31.</i>	