



**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**



1  
Classic Meatloaf w/Gravy  
Herb Roasted Potatoes  
Creamy Cucumber Salad  
Mandarin Oranges  
WG Wheat Bread  
  
**Sign up due by 10:00am 9/26**

2 **SPECIAL**  
Stuffed Green Peppers (Peppers Stuffed w/Beef, Rice & Tomato w/Marinara Sauce)  
Diced Beets  
Crumb Cake  
WG Wheat Bread  
  
**Sign up due by 10:00am 9/24**

3  
Honey BBQ Beef Rib Patty  
Fresh Cole Slaw  
WG Sandwich Roll  
Fiesta Black Beans  
Fruited Yogurt  
  
**Sign up due by 10:00am 9/30**

4  
Chicken Breast Cog Au Vin  
WG Brown Rice Pilaf  
Mixed Vegetables  
Sliced Apple Snack Pack  
WG Wheat Bread  
  
**Sign up due by 10:00am 10/1**

7  
Salisbury Steak w/Gravy  
Roasted Potatoes  
Harvard Beets  
Amish Navy Bean Salad  
WG Wheat Bread  
  
**Sign up due by 10:00am 10/2**

8 **SPECIAL**  
Roast Stuffed Chicken (Skin-on Chicken Breast Stuffed w/ Bread Dressing w/White Wine Sauce)  
White & Wild Rice Blend  
Roasted Root Vegetable Medley  
Pound Cake  
  
**Sign up due by 10:00am 9/30**

9 **SUB**  
Ham & Cheese Club Roll  
Lettuce/Tomato/Onion Italian Dressing  
Potato Salad  
Cole Slaw  
Fruit Cocktail  
  
**Sign up due by 10:00am 10/1**

10  
Maple-Peach Glazed Ham  
Au Gratin Potatoes  
Braised Cabbage  
Pineapple tidbits  
WG Wheat Bread  
  
**Sign up due by 10:00am 10/7**

11  
Roast Chicken w/Creamy Artichoke Sauce  
Yellow Rice Pilaf  
Seasoned Green Beans  
Cinnamon Apples Slices  
WG Wheat Bread  
  
**Sign up due by 10:00am 10/8**

14  
  
**Center Closed**

15 Sail Around The World On Your Hot Dog For Columbus Day  
**Hot Dog**  
*With All The Fixings*  
  
Cole Slaw Baked Beans  
Diced Pears Potato Chips  
  
**Sign up due by 10:00am 10/4**

16  
Chicken Cacciatore  
WG Brown Rice  
Buttered Carrots  
Green Pea & Red Pepper Salad  
WG Wheat Bread  
  
**Sign up due by 10:00am 10/10**

17 **SPECIAL**  
Bratwurst w/Peppers & Onions  
Club Roll  
Braised Red Cabbage  
Redskin Potatoes  
Waldorf Style Salad  
Chocolate Cake  
  
**Sign up due by 10:00am 10/8**

18  
Tomato Multi-bean Soup  
Tuna Salad Sandwich  
WG Wheat Bread  
Copper Pennies Salad  
Hot Cinnamon Apples  
Fruited Yogurt  
  
**Sign up due by 10:00am 10/15**

21  
Creamy Ranch Chicken Breast  
Yellow Rice Pilaf  
Peas & Carrots  
Moroccan Beet Salad  
WG Wheat Bread  
  
**Sign up due by 10:00am 10/16**

22  
Meatball Sub  
WG Wheat Italian Roll  
Seasoned Green Beans  
Mandarin Oranges  
  
**Sign up due by 10:00am 10/17**

23  
Chicken Breast Paprika  
WG Lemon Rice Pilaf  
Wax Bean & Green Bean Medley  
Cinnamon Applesauce  
Fruited Yogurt  
WG Wheat Bread  
  
**Sign up due by 10:00am 10/18**

24 **BOX LUNCH**  
Ham & Cheese Sub  
  
**Sign up due by 10:00am 10/16**

25 **BOX LUNCH**  
Turkey Cranberry Salad  
  
**Sign up due by 10:00am 10/17**

28 **BOX LUNCH**  
Bologna, Salami & Cheese on Roll  
  
**Sign up due by 10:00am 10/18**

29 **BOX LUNCH**  
Tuna Fish Salad  
  
**Sign up due by 10:00am 10/21**

30 **BOX LUNCH**  
Cold Fried Chicken Patty On Roll  
  
**Sign up due by 10:00am 10/22**

31 **BOX LUNCH**  
Egg Salad  
  
**Sign up due by 10:00am 10/23**

**Reservation Required by posted sign up date**  
*To reserve a lunch fill out the golden 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.