



September 2017 - Senior Choice menu



	Monday	Tuesday	Wednesday	Thursday	Friday
BOX					1
LUNCH			Oktoberfest Zinzinnati - 15th - 17th Yom Kippur - 30th VJ Day WWII - 2nd Grandparents Day - 10th		LABOR DAY CELEBRATION Grilled Chicken w/BBQ Sauce - 9049 <i>(ch b) hamburger ch7006</i> Potato Wedges Cheesy Broccoli Bun Grape Juice 100% Chocolate Chip Cookie Diet: same
WEEK					
2	Complete meal consists of: 3 oz. Protein, 2 servings of Vegetables (1/2 cup ea.), 1 serving of Fruit (1/2 cup) or Juice (4 oz.), 2 servings of Bread/Starch, and 8 oz. Milk (1/2 pint)				
BOX	4	5	6	7	8
LUNCH		Salisbury Steak w/Gravy - 9029 <i>(ch b) chicken w/gravy ch7008</i> Whipped Sweet Potatoes Mixed Vegetables Wheat Bread / Margarine Peaches Animal Crackers Diet: same	Italian Chicken - 9042 <i>(ch b) fried steak italiano ch7011</i> w/ Marinara over Spaghetti Italian Vegetables Peas Cranberry Juice Sponge Cake Diet: same	Smoked Turkey Sausage w/ Sauerkraut - 9055 <i>(ch b) meatloaf w/ gravy ch7016</i> Mashed Potatoes Green Beans Rye Bread (2 pcs) Fruit Cocktail Mustard / Ketchup Diet: same	Chicken Salad Sandwich - 9047 <i>(ch b) ham salad sandwich ch7057</i> on a Bun Potato Salad Cole Slaw Mandarin Oranges Diet: same
WEEK					
3		Be Late for Something Day	Read a Book Day		International Literacy Day - 1965
BOX	11	12	13	14	15
LUNCH	Chili w/Spaghetti - 9064 <i>(ch b) spaghetti w/ marinara ch7055</i> Vegetable Medley (2 servings) Cheddar Cheese Unsalted Saltine Crackers (2 pk) Applesauce Diet: same	Summer Salad - 9070 w/ Diced Eggs, Cheese, Grape Tomatoes, Broccoli Floret, Saltine Crackers & Ranch Dressing <i>(ch b) beef & noodles w/gravy,</i> green beans, diced carrots ch7052 Fruit Punch 100% Animal Crackers Diet: same	Baked Chicken w/ Gravy - 9075 <i>(ch b) roast turkey w/gravy ch7003</i> Herb Dressing Broccoli Cauliflower Wheat Bread / Margarine Strawberry Applesauce Diet: same	Cheese Pizza - 9082 <i>(ch b) cheese lasagna w/marinara ch7040</i> Peas & Onions Carrot Coins Apple Juice 100% Chocolate Chip Cookie Diet: same	POW / MIA Recognition Day - 1979 Meatloaf w/ Gravy - 9072 <i>(ch b) chicken w/gravy ch7008</i> Mashed Potatoes Carrots Wheat Bread / Margarine Orange Pineapple Juice 100% Angel Food Cake Diet: same
WEEK					
4	911 Remembrance Day		Uncle Sam Day - 1989		HAPPY SEPT BIRTHDAY!
BOX	18	19	20	21	22
LUNCH	Chicken and Brown Rice w/ Gravy - 9023 <i>(ch b) beef / brown rice / gravy ch7041</i> Broccoli Diced Carrots Wheat Bread / Margarine Pears Diet: same	Ham Sandwich - 9125 <i>(ch b) roast beef sandwich ch7031</i> Tomato Soup w/crackers (cong only) 3 Bean Salad Potato Salad White Bread Mandarin Oranges Mustard (for ham only) Horseradish (for roast beef only) Diet: same	Country Fried Steak w/Gravy - 9063 <i>(ch b) grilled chicken brst ch7026</i> Potato Wedges Green Beans Dinner Roll / Margarine Apple Juice 100% Chocolate Sponge Cake Diet: same	Turkey Tetrizzini - 9036 w/ Peas and Mushrooms <i>(ch b) veggie tetrizzini ch7056 (not a vegetarian meal)</i> Brussel Sprouts Baked Cinnamon Apples Wheat Bread / Margarine Diet: same	BBQ Beef - 9051 <i>(ch b) grilled chicken brst ch7026</i> Peas & Onions Peach "Cobbler" Cole Slaw Bun Diet: same
WEEK					
5			Rosh Hashanah		
BOX	25	26	27	28	29
LUNCH	Stuffed Cabbage Roll w/Marinara - 9077 <i>(ch b) cheese pizza ch7043</i> Peas & Onions Sliced Yellow Squash White Bread / Margarine Grape Juice 100% Teddy Grahams Diet: same	Pineapple Ham Steak - 9094 <i>(ch b) pineapple topped chicken ch7013</i> Whipped Sweet Potatoes Peas Wheat Bread / Margarine Orange Juice 100% Oatmeal Cookie Diet: same	Lemon Pepper Fish - 9033 w/ Tartar Sauce <i>(ch b) chicken tenders ch7009</i> Brown Rice Scandinavian Veggie Blend (2 servings) Wheat Bread / Margarine Fruit Cocktail Diet: same	Pork Cutlet w/ Gravy - 9003 <i>(ch b) chicken w/ gravy ch7008</i> Green Beans Beets Wheat Bread (2 slices) / Margarine Pineapple Diet: same	Chicken & Potato Casserole - 9315 <i>(ch b) roast beef & gravy with tater tots ch7025</i> Broccoli (2 servings) Wheat Bread (2 slices) / Margarine Peaches Diet: same
WEEK					
6					