

## Elderly September Menu 2010

Monday	Tuesday	Wednesday	Thursday	Friday
		<b>1 #1</b> Chuckwagon 2oz Sliced Potatoes 1/2 cup Lettuce & tomato 1/2 cup Tropical fruit 1/2 cup Hamburger Bun 1	<b>2 #23</b> Honey Ham 2oz Navy Beans 1/2 cup Veggie blend 1/2 cup Spiced Apple 1/2 cup Cornbread 1	<b>3 #83</b> Chicken Salad 3.5oz lettuce & Tomatoes 1/2 c Potato salad 1/2 c pears 1/2 cup Wheat Bread 2 slices
<b>6</b> <b>CLOSED HOLIDAY:</b>	<b>7 #10</b> Polish Sausage 2oz Black-eye peas 1/2 cup Turnip Greens 1/2 cup Hush Puppies 3 Pears Halves 1/2 cup	<b>8 #14</b> Meatloaf 2oz Mashed Potatoes 1/2 cup Steamed Vegetables 1/2 cup Mix Fruit 1/2 cup Roll 1 each	<b>9 #64</b> Sloppy joe 2oz Baked Beans 1/2 c Cole Slaw 1/2 c Pineapple 1/2 c Bun 1	<b>10 #41</b> turkey & cheese 2oz potatoe salad 1/2 cup lettuce & tomato 1/2 cup fresh orange 1 bun 1
<b>13 #44</b> Barbecue 2oz Baked beans 1/2 c Cole slaw 1/2 c Spiced Apples 1/2 c Bun 1	<b>14 #20</b> Charbeef patty/gravy 2oz Mashed Potatoes 1/2 c Peas 1/2 c Diced Pears 1/2 c Dinner Roll 1	<b>15 #61</b> Beans 1 c & Frank 1 Greens 1/2 cup Diced Carrots 1/2 cup Pineapple 1/2 cup Cornbread 1	<b>16 #15</b> Chili Beans w/ Black Angus Beef sauce 1 cup Mexican Corn 1/2 cup Seasoned Potatoes 1/2 c Cornbread 1	<b>17 #19</b> Chicken Salad 3.5oz lettuce & Tomatoes 1/2 c Oatmeal cookies 2 Tropical Fruit Mix 1/2 cup Wheat Bread 2 slices
<b>20 #16</b> Pit Cured Ham 2oz Mustard Greens 1/2 cup Yam Casserole 1/2c Chilled Pineapple 1/2 cup Cornbread 1	<b>21 #39</b> Country styls steak w/ gravy Mashed Potatoes 1/2 c Marinated Totatoes 1/2 c Peaches 1/2 c Roll 1	<b>22 #4</b> Pinto Beans 1 cup Bolied Cabbage 1/2 cup New Potatoes 1/2 cup Pickled beets 1/2c Cornbread 1 slice	<b>23 #12</b> Black angus Beef Soup w/ Mixed Vegetables 1 cup Peanut Butter 1 tbl.spoon Peaches 1/2 c Wheat Bread 2 each	<b>24 #41</b> Ham & cheese 2oz Green pea salad 1/2 cup Lettuce & tomato 1/2 cup Pears 1/2 cup Bun 1 & pudding cup 1
<b>27 #37</b> Little Smokies 6 = 2oz Sweet Potatoes 1/2 cup Green Beans 1/2 cup Jello fruit cup 1 Roll 1 Birthday cake 1	<b>28 #46</b> Spaghetti & meatsauce 2oz Noodles 1 cup Toss Salad 1 c Peaches 1/2 c Toast 1	<b>29 #40</b> Hot Dog w/ chili 2oz Cole slaw 1/2 cup Baked beans 1/2 cup Pears 1/2 cup Bun 1	<b>30 #13</b> Chicken Breast 2oz Peas & Pearl onions 1/2c Steamed Broccoli 1/2 c Chilled Peaches 1/2c roll 1 & birthday cake 1	