

## Lunch Club 60 Menu    September 2015

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>All meals served with milk, bread and margarine.</b></p> <p><b>Soup served with crackers.</b></p>	<p style="text-align: right;">1</p> <p>Meat Lasagna Carrots Tuscany Blend Vegetables Italian Bread Mandarin Oranges</p>	<p style="text-align: right;">2</p> <p>BBQ Chicken ¼ Heart Healthy Pasta Vegetable Soup Coleslaw w/Pineapple Corn Muffin Sherbet</p>	<p style="text-align: right;">3</p> <p>Macaroni &amp; Cheese Stewed Tomatoes Green Beans Wheat Bread Honeydew</p>	<p style="text-align: right;">4</p> <p>Braised Pork Chop w/Gravy Orange Juice Smashed Potatoes Pea &amp; Cheese Salad Rye Bread Applesauce</p>
<p style="text-align: right;">7</p> <p><b>Labor Day</b></p> <p><b>ABVI Closed</b></p> <p><b>No Meals Served</b></p>	<p style="text-align: right;">8</p> <p>BBQ Pulled Pork on a Bun Navy Bean Soup Coleslaw w/Pineapple Apricots</p>	<p style="text-align: right;">9</p> <p>Stuffed Pepper w/Sauce Red Jacketed Potatoes Corn Rye Bread Pears</p>	<p style="text-align: right;">10</p> <p>Tacos w/Ground Beef, Cheese, Shredded Lettuce, Tomato Wedges, Salsa &amp; Sour Cream Southwestern Chicken Soup Petite Banana</p>	<p style="text-align: right;">11</p> <p>Chicken ala King over Warm Biscuit Tossed Lettuce Salad w/French Dressing Peas Fruited Pineapple Gelatin w/Whipped Topping</p>
<p style="text-align: right;">14</p> <p>Meatballs Pasta &amp; Sauce Tossed Lettuce Salad Italian Dressing Tuscany Blend Vegetables Italian Bread Mandarin Oranges</p>	<p style="text-align: right;">15</p> <p>Rosemary Oven Browned Chicken ¼ Mexican Bean Soup Mashed Sweet Potatoes Wheat Bread Pineapple</p>	<p style="text-align: right;">16</p> <p>Individual Meat Loaf w/Vegetable Gravy Scalloped Potatoes Broccoli Rye Bread Petite Banana</p>	<p style="text-align: right;">17</p> <p>Braised Pork Chop w/Gravy Mashed Potatoes Romaine Spinach Salad w/Ranch Dressing 12 Grain Bread Applesauce</p>	<p style="text-align: right;">18</p> <p>Breaded Haddock w/Tartar Sauce Minestrone Coleslaw w/out Pineapple Wheat Bread Chocolate Pudding</p>
<p style="text-align: right;">21</p> <p>Chicken Cordon Bleu Grape Juice Scandinavian Blend Vegetables Lima Beans 12 Grain Bread Oatmeal Raisin Cookie</p>	<p style="text-align: right;">22</p> <p>Sloppy Joes on Bun Vegetable Soup Romaine Spinach Salad w/French Dressing Petite Banana</p>	<p style="text-align: right;">23</p> <p>Sweet &amp; Sour Pork Loin over Brown Rice Oriental Blend Vegetables Carrots Rye Bread Peaches</p>	<p style="text-align: right;">24</p> <p>Open Faced Hot Roast Beef Sandwich w/Gravy Tomato Florentine Soup Mashed Potatoes 12 Grain Bread Fresh Apple</p>	<p style="text-align: right;">25</p> <p>Mild Chili w/Oyster Crackers Apple Juice Tossed Lettuce Salad w/Italian Dressing Fruit Cocktail</p>
<p style="text-align: right;">28</p> <p>Italian Sausage w/Onions &amp; Peppers on Bun Beef Barley Vegetable Soup Peas Fresh Orange</p>	<p style="text-align: right;">29</p> <p>Beef Stew over Warm Biscuit Tossed Lettuce Salad w/Ranch Dressing California Blend Vegetables Peaches</p>	<p style="text-align: right;">30</p> <p>Vegetable Lasagna Tossed Lettuce Salad w/Italian Dressing Broccoli Italian Bread Fresh Apple</p>		

*Certified by Mary Apps, MS, RD, CDN - 7/7/15*

Monroe County Dept of HS/Office for the Aging

No person shall be denied benefits or subjected to discrimination under any program or activity receiving Federal Assistance on grounds of race, color, sex, religion, national origin, disability or marital status. This program is funded by participants' contributions, US Administration on Aging, NY State Office for the Aging, NY State Dept of Health, Monroe County Dept of HS/Office for the Aging