

# The MENU

SEPTEMBER 2010

Coleman: 465-6216  
Mills: 689-7776

Greendale: 832-8683  
Sanford: 687-7888

Happy Diners: 835-6891  
Trailside: 633-3790

Call the number of the Senior Center you plan to attend to make lunch reservations.

<b>6</b>  <b>Closed for the Holiday</b>	<b>7</b> Turkey Burger 2 Swiss Cheese 1 Hamburger Bun 28 Green Beans 7 Coleslaw 8 Apple 18 Milk 13	<b>8</b> Beef Stroganoff 25 Broccoli 5 Tossed Salad 3 Banana 27 Wheat Roll 17/Margarine Milk 13	<b>9</b> Rosemary Chicken Garden Brown Rice 22 Key West Blend Veg 8 Broccoli Raisin Salad 12 Pears 15/Ginger Cookie 26 Wheat Bread 14 Milk 13	<b>10</b> Potato Crunch Pollock 14 Squash 19 Parsley Potatoes 20 Burst 'o' Berries 9 Carrot Honey Bran Muffin 24 Milk 13
<b>13</b> Sloppy Joe on Bun 33 Carrots 11 Red Potato Wedges 20 Edamame Salad 19 Red Delicious Apple 20 Milk 13	<b>14</b> Italian Sausage 2 Linguine 21/Alfredo Sauce 7 Broccoli 5 Tossed Salad 3 Grapes 16 Ultimate Cookie 22 Milk 13	<b>15</b> Seasoned Pork Chop 1 Mashed Sweet Potatoes 11 Green Beans 7 Peach & Corn Salsa 19 Veggie Bread 22 Milk 13	<b>16</b> Swiss Chicken 8 Parsley Potatoes 20 California Blend Veg 7 Strawberry Parfait 26 Wheat Roll 17/Margarine Milk 13	<b>17</b> Open Face Roast Beef 21 Mashed Potatoes 17/Gravy 1 Mixed Vegetables 14 Broccoli Citrus Salad 12 Wheat Bread 17 Peach Pie 43 Milk 13
<b>20</b> Mushroom Swiss Burger 2 Oven Browned Potatoes 20 Spinach Salad 1 Granola Top Apples 39 Hamburger Bun 28 Milk 13	<b>21</b> Chicken Parmesan 9 Spaghetti 21 Tossed Salad 3 Hawaiian Parfait 38 Bread Stick 23 Milk 13	<b>22</b> Mini Brat on Bun 13 Mac & Cheese 15 Peas & Carrots 11 Burst 'o' Berries 10 Jello Poke Cake 16 Tomato Salad 4 Milk 13	<b>23</b> Ginger Glazed Pork Wing 15 Caribbean Blend Veg 9 Garden Brown Rice 22 Carrot & Raisin Salad 19 Raisin Walnut Cookie 25 Pineapple Tidbits 14 Milk 13	<b>24</b> Tortilla Crunch Tilapia 24 Malibu Blend Veg 8 Apple Raisin Coleslaw 21 Ambrosia Salad 22 Wheat Roll 17 Milk 13
<b>27</b> Raspberry Chicken 11 Brown Rice 35 Peas 23 Tossed Salad 3 Pineapple Tidbits 14 Potato Roll 15/Margarine Milk 13	<b>28</b> Roast Pork 1 Parsley Potatoes 20 Carrots 11 Stewed Apples 34 Cinnamon Roll 44 Milk 13	<b>29</b> Philly Beef Sandwich 21 Red, Green Peppers & Onion 5 Red Potato Wedges 20 Cukes & Cream 20 Fruited Gelatin 24 Ultimate Cookie 22 Milk 13	<b>30</b> Sweet & Sour Chicken 13 Maui Blend Veg 10 Sweet Potato Patties 23 Mandarin Oranges 12 Lemon Meringue Pie 45 Wheat Bread 14/Margarine Milk 13	<b>1</b> Vegetable Lasagna 28 Prince Charles Veg 8 Spinach Salad 3 White Cake/Strawberries 52 Wheat Roll 17 Milk 13

Menus subject to change without notice. ▪ HDM Hotline: Call 633-3789 for changes in delivery by 9:00am ▪ Reservations are required. Please call.  
Numbers after each menu item indicate the number of carbohydrates in grams for that item.

**Meal Options For Dining In at Trailside Only** In addition to the regular menu listed above, Trailside center location also offers an additional meal option. A different selection is offered each week. The options for September are as follows:

- September 7-10:** Veal Parmesan Sandwich, Lettuce, Tomatoes, Spaghetti Salad, Vegetables, Fruit
- September 13-17:** Egg Salad on a Whole Wheat Bun, Lettuce, Tomatoes, Vegetables, Fruit, Juice
- September 20-24:** Cottage Cheese Fruit Plate, Lettuce, Vegetables, Fruit, Whole Wheat Roll
- September 27-October 1:** Taco Salad, Lettuce, Tomatoes, Vegetables, Fruit, Juice, Chips

**All reservations must be made by 9:00am.**

**For Dining In at Sanford Only** In addition to the regular menu listed above, Sanford center location also offers the daily meal option of Grilled Chicken, Chef Salad and Hamburger. Chicken Salad is also an option on Tuesday and Thursday.

## Lunch Entertainment for September

Sept 2 Randy Capen	Sanford 11:00am	Sept 15 Randy Capen	Greendale 11:00am
Sept 3 Good Times Music	Happy Diners 11:00am	Sept 15 Jake Deal	Greendale 12:45am
Sept 3 Jim Gower Trio	Mills 11:00am	Sept 15 Good Times Band	Coleman 11:00am
Sept 3 Dave Shaffer	Greendale 11:00am	Sept 17 The Schraders	Mills 11:00am
Sept 3 Dale Hafer	Coleman 11:00am	Sept 17 Gene Smith	Sanford 11:00am
Sept 8 Randy Capen	Mills 11:00am	Sept 21 Good Times Music	Trailside 11:00am
Sept 8 Danny Crampton & Sidekicks	Trailside Picnic 11:00am	Sept 21 Key of Mercy	Coleman 11:00am
Sept 9 Key of Mercy	Sanford 11:00am	Sept 22 Good Times Music	Greendale 11:00am
Sept 10 Jan Dennett Piano Music	Happy Diners 11:00am	Sept 23 Sunshine String Band	Happy Diners 11:00am
Sept 10 Paul Wilkinson	Coleman 11:00am	Sept 24 Paul Wilkinson	Mills 11:00am
Sept 14 Randy Capen	Trailside 11:00am	Sept 30 Good Times Music	Sanford 11:00am