

# MENU

## SEPTEMBER 2019

Coleman: 465-6216

Greendale: 832-8683

Mills: 633-3788

Sanford: 687-7888

Trailside: 633-3790

Call the number of the Senior Center you plan to attend to make lunch reservations.  
All reservations must be made by 9:00am.

<p><b>2</b></p> <p><b>Senior Services Closed</b></p>	<p><b>3</b></p> <p>Pulled Pork 10 Whole Green Beans 6 Coleslaw 9 Baked Cherries 44 Hamburger Bun 25</p>	<p><b>4</b></p> <p>Pepper Steak 9 &amp; Rice 15 California Blend Veggies 6 Applesauce Salad 22 Wheat Roll 11 Banana Cookie 24</p>	<p><b>5</b></p> <p>Cheesy Chicken 9 &amp; Gravy 3 Cauliflower Potatoes 9 Maui Blend Veggies 7 Strawberries 24 Petit Pain Roll 25</p>	<p><b>6</b></p> <p>Pizza 37 Italian Blend 7 Tossed Salad 1 Strawberries &amp; Blueberries 9 Chocolate Chip Cookie 22</p>
<p><b>9</b></p> <p>Crispy Chicken 14 Gravy 3 Mashed Potatoes 16 Brussel Sprouts 9 Fruit Cup 14 Nugget Roll 15</p>	<p><b>10</b></p> <p>Beef Stroganoff 9 Fettuccini 23 Asian Blend Veggies 5 Tossed Salad 1 Fruit Cocktail 14 Veggie Bread 21</p>	<p><b>11</b></p> <p>BBQ Pork Wing 11 Asparagus 3 Potato Salad 16 Watermelon 11 Bread Pudding 44</p>	<p><b>12</b></p> <p>Turkey Pot Pie 21 Green Beans 6 Tossed Salad 3 Wheat Roll 11 Peach Parfait 39</p>	<p><b>13</b></p> <p>Oven Baked Fish 8 Cheesy Potatoes 20 Broccoli 5 Marinated Coleslaw 8 Melon Mix 12 Wheat Roll 11</p>
<p><b>16</b></p> <p>Pub Burger 1 &amp; Bun 25 Lettuce, Tomato &amp; Onion 3 Roasted Red Potatoes 17 Cucumber Salad 5 Peach &amp; Fruit Cup 11</p>	<p><b>17</b></p> <p>Roasted Chicken Drumstick 1 Roasted Sweet Potatoes 17 Baked Beans 22 Nugget Roll 15 Blueberry Parfait 32</p>	<p><b>18</b></p> <p>Potato Crunch Pollock 13 Baked Potato 18 Broccoli 5 Emerald Salad 14 Streusel Peach Muffin 41</p>	<p><b>19</b></p> <p>Pork Chop Suey 17 Brown Rice 23 Roasted Baby Carrots 9 Pear 23 / Nugget Roll 15 Fortune Cookie 8</p>	<p><b>20</b></p> <p>Turkey Swedish Meatballs 13 Mashed Potatoes 16 Prince Charles Veggies 6 Hawaiian Parfait 29 Garlic Toast 11</p>
<p><b>23</b></p> <p>Philly Beef Sandwich 30 Peppers &amp; Onion 7 Cauliflower &amp; Peas 9 Marinated Carrots 10 Grapes 16</p>	<p><b>24</b></p> <p>Fish Tenders 22 Smashed Potato 19 Roasted Corn &amp; Tomatoes 18 Cubed Honeydew 15 Ranger Cookie 17</p>	<p><b>25</b></p> <p>Chicken Cacciatore 12 Orzo 28 Italian Blend Veggies 7 Pears 17 Bread Stick 14</p>	<p><b>26</b></p> <p>Roast Pork 1 &amp; Gravy 4 Mashed Potatoes 16 Carrots 8 Tropical Fruit 13 Bread Pudding 44</p>	<p><b>27</b></p> <p>Chicken Bacon Sandwich 39 Creamy Bacon Dressing 1 Whole Green Beans 6 Marinated Coleslaw 8 Applesauce Salad 22</p>
<p><b>30</b></p> <p>Sloppy Joe 31 Vegetable Trio 18 Cukes 'n' Cream 9 Strawberries &amp; Blueberries 9</p>	<p><b>1</b></p> <p>Grilled Stuffed Salmon 36 Northwest Blend 6 Grapes 16 Wheat Roll 11 Coconut Crisp Cookie 17</p>	<p><b>2</b></p> <p>Ham Steak 5 Raisin Sauce 5 Parsley Potatoes 20 Green Beans 6 Cantaloupe 23 Veggie Bread 21</p>	<p><b>3</b></p> <p>Caprese Chicken 2 Bowtie Pasta 20 Squash &amp; Zucchini 8 Watermelon 11 Chocolate Chip Muffin 35</p>	<p><b>4 Octoberfest</b></p> <p>Roast Beef 1 &amp; Gravy 3 German Potatoes 14 Red Cabbage 17 Pumpnickel Bread 14 Black Forest Brownie with Cherries 43</p>

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. Milk (13) is served at each meal.

# Dinner

SEPTEMBER 2019

## Meals on Wheels Only

<p><b>2</b></p> <p><b>Senior Services Closed</b></p>	<p><b>3</b></p> <p>Cottage Cheese Fruit Plate 29 Carrot &amp; Raisin Salad 16 Double Chocolate Muffin 35</p>	<p><b>4</b></p> <p>Chef Salad 11 Peas &amp; Peanut Salad 10 Ambrosia Salad 28 French Bread Roll 18</p>	<p><b>5</b></p> <p>Ham, Cheese &amp; Lettuce 3 Cranberry Walnut Bread 31 German Potato Salad 30 Grapes 16 Pears 17</p>	<p><b>6</b></p> <p>Turkey &amp; Cheese 3 Broccoli Raisin Salad 11 Banana 27 Petit Pain Roll 25 Ultimate Cookie 22</p>
<p><b>9</b></p> <p>Ground Turkey Salad 6 Bun 25 Potato Salad 16 Pickled Beets 16 Apricots 15</p>	<p><b>10</b></p> <p>Tuna Pasta Salad 27 Three Bean Salad 14 Pineapple Tidbits 14 Apple Juice 13 Wheat Roll 11</p>	<p><b>11</b></p> <p>Almond Lemon Chicken 5 Flat Bread 21 Tomato Wedges 6 Fruit Cup 28 Ranger Cookie 17</p>	<p><b>12</b></p> <p>Egg Salad 6 Cheddar Cheese 1 Baked Beans 22 Mixed Fruit Cup 12 French Bread Roll 18 Double Chocolate Cookie 18</p>	<p><b>13</b></p> <p>Ham, Turkey &amp; Cheese 2 Lettuce &amp; Tomato 2 Veggie Bread 27 Navy Bean Salad 17 Grapes 16</p>
<p><b>16</b></p> <p>Chicken Tortellini Salad 18 Marinated Italian Veggies 8 Mandarin Oranges 12 Banana Muffin 35</p>	<p><b>17</b></p> <p>Turkey &amp; Provolone Veggie Bread 27 Potato Salad 16 Tomato Salad 5 Fruit Cocktail 14 Raisin Walnut Cookie 24</p>	<p><b>18</b></p> <p>Chef Salad 11 Strawberries 24 Peaches 14 Double Chocolate Muffin 35</p>	<p><b>19</b></p> <p>Chicken Salad 8 Tomato &amp; Lettuce 3 Hamburger Bun 25 Three Bean Salad 14 Applesauce 17/</p>	<p><b>20</b></p> <p>Taco Salad 5 Taco Chips 26 Salsa 8 Banana 27 Chocolate Chip Cookie 22</p>
<p><b>23</b></p> <p>Egg Tossed Salad 11 Baked Beans 22 Pineapple Tidbits 14 Banana Cookie 24</p>	<p><b>24</b></p> <p>Ham 3 Wheat Bread 37 Tomato &amp; Lettuce 3 Italian Pasta Salad 25 Peaches 14</p>	<p><b>25</b></p> <p>Tuna Apple Salad 10 Tomato &amp; Cuke Salad 5 Ambrosia Salad 28 Lemon Cran Muffin 42</p>	<p><b>26</b></p> <p>Oriental Chicken Salad 27 Brown Rice Salad 18 Red Grapes 16 Wheat Roll 11</p>	<p><b>27</b></p> <p>Roast Pork 1 Rye Bread 30 Lettuce, Tomato &amp; Onion 3 Confetti Bean Salad 16 Mixed Melon 13</p>
<p><b>30</b></p> <p>Chicken Pasta Salad 26 Peas &amp; Peanut Salad 10 Mixed Fruit Cup 14 Wheat Roll 11 Ultimate Cookie 22</p>	<p><b>1</b></p> <p>Egg Salad 6 Hamburger Bun 25 Marinated Italian Veggies 8 Pears 25 Turtle Cookie 22</p>	<p><b>2</b></p> <p>Taco Salad 5 Taco Chips 26 Salsa 8 Mandarin Oranges 12 Tapioca Pudding 27</p>	<p><b>3</b></p> <p>Heavenly Layered Salad 15 Banana 27 Wheat Crackers 11 Zucchini Muffin 32</p>	<p><b>4</b></p> <p>Crispy Oven Chicken 14 Potato Salad 16 Tossed Salad 1 Apricots 15 Graham Crackers 18 Nugget Roll 15</p>