

# SEPTEMBER, 2009

## REGIONAL MENU

suggested contribution \$3.50 for 60 & over

under 60 full cost of \$6.50

**ALL MEALS INCLUDE 8 oz 1% MILK**

| MONDAY   | TUESDAY  | WEDNESDAY  | THURSDAY   | FRIDAY   |
|--|--|--|--|--|
|  | <p>COUNTRY CHICKEN<br/>POTATO / GRAVY<br/>COUNTRY BLEND VEG.<br/>CREAMY CUCUMBERS<br/>DATE NUT BREAD</p> <p>(1 WHOLE GRAIN BREAD)</p>                    | <p>SHREDDED BB-QUE PORK<br/>ON A WW BUN<br/>POTATO SALAD<br/>CALICO BEANS<br/>HOME MADE PIE</p> <p>(0 WHOLE GRAIN BREAD)</p>                               | <p>MACARONI BEEF HOTDISH<br/>BUTTERED BRUSSEL SPROUTS<br/>CAPTAIN'S SALAD<br/>BANANA<br/>APPLE BAR</p> <p>(1 WHOLE GRAIN BREAD)</p>  | <p>ROAST BEEF/GRAVY<br/>MASHED POTATOES<br/>SLICES CARROTS<br/>PEACH CRISP W/ TOPPING</p> <p>(2 WHOLE GRAIN BREAD)</p>                   |
| <p><b>LABOR DAY</b></p> <p><b>CLOSED</b></p>   | <p>MEATBALLS AND GRAVY<br/>MASHED POTATOES<br/>GREEN BEANS<br/>ROSEMARY DINNER ROLL<br/>FRUITED JELLO</p> <p>(0 WHOLE GRAIN BREAD)</p>                   | <p>ROAST TURKEY<br/>MASHED POTATOES<br/>SQUASH<br/>CRANBERRY SAUCE<br/>PUMPKIN PIE W/ TOPPING</p> <p>(2 WHOLE GRAIN BREAD)</p>                             | <p>SALMON LOAF<br/>SCALLOP POTATOES<br/>CREAMED PEAS<br/>TAPIOCA PUDDING W/<br/>MANDARIN ORANGES</p> <p>(2 WHOLE GRAIN BREAD)</p>  | <p>LASAGNA<br/>CAPTAIN'S SALAD (1/2 C)<br/>SUMMER BLEND VEG<br/>GARLIC TOAST<br/>FRESH FRUIT CUP</p> <p>(0 WHOLE GRAIN BREAD)</p>        |
| <p>BEEF STROGANOFF<br/>NOODLES<br/>RIVIERA BLEND VEG.<br/>CAPTAIN'S SALAD<br/>BAKED APPLE</p> <p>(1 WHOLE GRAIN BREAD)</p>                 | <p>PORK CHOPS W/GRAVY<br/>MASHED POTATOES<br/>FRESH BROCCOLI SALAD<br/>ANGEL FOOD CAKE W<br/>STRAWBERRIES &amp; TOP</p> <p>(2 WHOLE GRAIN BREAD)</p>     | <p>MEATLOAF<br/>OVEN ROASTED POTATOES<br/>STEWED TOMATOES<br/>FRUITED JELLO / TOP</p> <p>(2 WHOLE GRAIN BREAD)</p>   | <p>OVEN FRIED CHICKEN<br/>SCALLOP POTATOES<br/>COLESLAW<br/>FRESH FRUIT CUP</p> <p>(2 WHOLE GRAIN BREAD)</p>   | <p>BARBECUE RIBS<br/>BAKED POTATO W/ SC<br/>BUTTERED CORN<br/>MARINATED VEG<br/>BREAD PUDDING W/TOP</p> <p>1 WHOLE GRAIN BREAD)</p>      |
| <p>SPAGHETTI W/MEAT SAUCE<br/>CAPTAIN'S SALAD<br/>RIVIERA BLEND VEG.<br/>GARLIC TOAST<br/>FRESH FRUIT CUP</p> <p>(0 WHOLE GRAIN BREAD)</p> | <p>BAKED FISH<br/>COUNTRY GRAVY<br/>PARSLIED POTATOES<br/>CALIF BLEND VEG<br/>PUDDING W/BANANA/TOP</p> <p>(0 WHOLE GRAIN BREAD)</p>                      | <p>OPEN FACED HOT BEEF<br/>SANDWICH<br/>MASHED POTATOES/GRAVY<br/>HARVARD BEETS<br/>CARROT RAISIN SALAD<br/>PUMPKIN BREAD</p> <p>(0 WHOLE GRAIN BREAD)</p> | <p>CHICKEN PARMESAN<br/>WITH MARINARA SAUCE<br/>ROTINI NOODLES<br/>MIXED VEG<br/>CRUNCHY CUCUMBERS<br/>APPLE CRISP W/ TOPPING</p> <p>(1 WHOLE GRAIN BREAD)</p>             | <p>SWISS STEAK/GRAVY<br/>MASHED POTATOES<br/>WHOLE BABY CARROTS<br/>LIME JELLO W/PEARS<br/>WHIP TOPPING</p> <p>(2 WHOLE GRAIN BREAD)</p> |
| <p>SWEDISH MEATBALLS<br/>POTATOES<br/>SUMMER BLEND VEG<br/>FRESH FRUIT CUP<br/>BANANA BREAD</p> <p>(1 WHOLE GRAIN BREAD)</p>               | <p>HAMBURGER ON WW BUN<br/>4 TOMATO SLICES/LEAF LETTUCE<br/>CALICO BEANS<br/>OVEN ROASTED POTATOES<br/>CHOCOLATE COOKIE</p> <p>(0 WHOLE GRAIN BREAD)</p> | <p>SLOW ROASTED PORK LOIN<br/>STUFFING &amp; GRAVY<br/>SWEET POTATOES<br/>PEAS<br/>GRAPES</p> <p>(1 WHOLE GRAIN BREAD)</p>                                 | <p><b>MEAL SITE PHONE NUMBERS</b></p> <p>Cogswell - 724-3204<br/>Forman - 724-3928<br/>Gwinner - 678-3911 or<br/>683-4295<br/>Milnor - 427-9327<br/>Rutland - 724-4074</p> |  |