

# 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
	1 COUNTRY CHICKEN POTATO / GRAVY COUNTRY BLEND VEG. CREAMY CUCUMBERS DATE NUT BREAD  (1 WHOLE GRAIN BREAD)	2 SHREDDED BB-QUE PORK ON A WW BUN POTATO SALAD CALICO BEANS HOME MADE PIE  (0 WHOLE GRAIN BREAD)	3 MACARONI BEEF HOTDISH BUTTERED BRUSSEL SPROUTS CAPTAIN'S SALAD BANANA APPLE BAR  (1 WHOLE GRAIN BREAD)	4 ROAST BEEF/GRAVY MASHED POTATOES SLICES CARROTS PEACH CRISP W/ TOPPING  (2 WHOLE GRAIN BREAD)
7 <b>LABOR DAY</b>  <b>CLOSED</b>	8 MEATBALLS AND GRAVY MASHED POTATOES GREEN BEANS ROSEMARY DINNER ROLL FRUITED JELLO  (0 WHOLE GRAIN BREAD)	9 ROAST TURKEY MASHED POTATOES SQUASH CRANBERRY SAUCE PUMPKIN PIE W/ TOPPING  (2 WHOLE GRAIN BREAD)	10 SALMON LOAF SCALLOP POTATOES CREAMED PEAS TAPIOCA PUDDING W/ MANDARIN ORANGES  (2 WHOLE GRAIN BREAD)	11 LASAGNA CAPTAIN'S SALAD (1/2 C) SUMMER BLEND VEG GARLIC TOAST FRESH FRUIT CUP  (0 WHOLE GRAIN BREAD)
14 BEEF STROGANOFF NOODLES RIVIERA BLEND VEG. CAPTAIN'S SALAD BAKED APPLE  (1 WHOLE GRAIN BREAD)	15 PORK CHOPS W/GRAVY MASHED POTATOES FRESH BROCCOLI SALAD ANGEL FOOD CAKE W STRAWBERRIES & TOP  (2 WHOLE GRAIN BREAD)	16 MEATLOAF OVEN ROASTED POTATOES STEWED TOMATOES FRUITED JELLO / TOP  (2 WHOLE GRAIN BREAD)	17 OVEN FRIED CHICKEN SCALLOP POTATOES COLESLAW FRESH FRUIT CUP  (2 WHOLE GRAIN BREAD)	18 BARBECUE RIBS BAKED POTATO W/ SC BUTTERED CORN MARINATED VEG BREAD PUDDING W/TOP  1 WHOLE GRAIN BREAD
21 SPAGHETTI W/MEAT SAUCE CAPTAIN'S SALAD RIVIERA BLEND VEG. GARLIC TOAST FRESH FRUIT CUP  (0 WHOLE GRAIN BREAD)	22 BAKED FISH COUNTRY GRAVY PARSLIED POTATOES CALIF BLEND VEG PUDDING W/BANANA/TOP  (0 WHOLE GRAIN BREAD)	23 OPEN FACED HOT BEEF SANDWICH MASHED POTATOES/GRAVY HARVARD BEETS CARROT RAISIN SALAD PUMPKIN BREAD (0 WHOLE GRAIN BREAD)	24 CHICKEN PARMESAN WITH MARINARA SAUCE ROTINI NOODLES MIXED VEG CRUNCHY CUCUMBERS APPLE CRISP W/ TOPPING (1 WHOLE GRAIN BREAD)	25 SWISS STEAK/GRAVY MASHED POTATOES WHOLE BABY CARROTS LIME JELLO W/PEARS WHIP TOPPING  (2 WHOLE GRAIN BREAD)
28 SWEDISH MEATBALLS POTATOES SUMMER BLEND VEG FRESH FRUIT CUP BANANA BREAD  (1 WHOLE GRAIN BREAD)	29 HAMBURGER ON WW BUN 4 TOMATO SLICES/LEAF LETTUCE CALICO BEANS OVEN ROASTED POTATOES CHOCOLATE COOKIE  (0 WHOLE GRAIN BREAD)	30 SLOW ROASTED PORK LOIN STUFFING & GRAVY SWEET POTATOES PEAS GRAPES  (1 WHOLE GRAIN BREAD)	<b>MEAL SITE PHONE NUMBERS</b> Cogswell - 724-3204 Forman - 724-3928 Gwinner - 678-3911 or 683-4295 Milnor - 427-9327 Rutland - 724-4074	
			Enderlin - 437-2669 Fort Ransom - 973-9161 Lisbon - 683-4295	