

## September 2015 Senior Nutrition Program Menu\*

Monday	Tuesday	Wednesday	Thursday	Friday
	1 <b>Kitchen Choice</b>	2 Turkey Ham w/Raisin Sauce Fresh Sweet Potatoes Steamed Cauliflower Fresh Apple Slices	3 Homemade Meatloaf Real Mashed Potatoes w/ Gravy Carrot Raisin Salad Applesauce	4 Lunch sponsored by MCSAA* Ann & Carlos Craff Cook
7 <b>Closed for Labor Day</b>	8 Aztec Pie Casserole w/Beans, Corn, Squash & Cheese Mixed Green Salad Grapes	9 Pulled Pork Sandwich Potato Salad Mixed Green Salad Tropical Fruit Dinner Roll	10 Asian Chicken Salad w/Sesame Dressing Banana Dinner Roll	11 Lunch sponsored by MCSAA* Jane Strangeland Cooks
14 Macaroni & Cheese w/Ham Mixed Green Salad Watermelon	15 <b>Kitchen Choice</b>	16 Spaghetti & Meatballs Whole Wheat Noodles Green Beans Applesauce Garlic Bread	17 Turkey Club Wrap Broccoli Slaw Fresh Fruit Dinner Roll	18 Lunch sponsored by Alpine Way Retirement Apartments*
21 Salisbury Steak Mashed Potatoes & Gravy Mixed Veggies Waldorf Salad	22 Vegetarian Frittata Roasted Herbed Potatoes Grapes Dinner Roll	23 <b>Locally Grown Food Day</b>	24 Hawaiian Braised Pork Brown Rice Mixed Vegetables Fresh Fruit	25 Lunch sponsored by MCSAA* Lorraine Hauenstein Cooks
28 Chicken Ratatouille Steamed Brown Rice Cauliflower Fresh Oranges	29 Tuna Fish Cakes Scalloped Potatoes Broccoli Spiced Pears	30 Pork Cutlet w/Gravy Garlic Mashed Potatoes Glazed Carrots Applesauce Dinner Roll		

\*Membership in **the Center** is not required to have lunch here. The Senior Nutrition Program leases our kitchen and is supported by the United Way and the Area Agency on Aging. It is operated by Senior Services for South Sound.