



LUNCH MENU • SEPTEMBER 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
4 All Centers Closed <i>in observance of</i> Labor Day	5 French Dip 38 Roasted Red Potatoes 24 Cukes 'n Vinegar 7 Apricots 19	6 Lemon Pepper Chicken 1 Cheesy Potatoes 20 Green Beans w/ Almonds 7 Cantaloupe 12 Bread Pudding 43	7 Vegetable Lasagna 23 Peas & Cauliflower 9 Peaches 14 Triple Chocolate Cookie 31	8 Chicken Bowl 42 California Blend Veggies 6 Strawberries 24 Wheat Roll 12
11 Meatloaf 14 / Gravy 4 Mashed Potatoes 17 Green Beans, Peppers & Onions 9 Apricots 17 Hawaiian Roll 14	12 Chicken Pasta Bake 28 Strawberries 24 Wax Beans 10 Bread Stick 15	13 Pork Chop Suey 19 Brown Rice 17 Red Cabbage 17 Fresh Pear 23 Fortune Cookie 3	14 Creamy Chicken 5 Creamy Chicken Bread Dressing 11 Parsley Potatoes 20 Broccoli w/ Cranberries 10 Fruited Gelatin 28	15 Baked Cod 4 Macaroni & Cheese 18 Asparagus 4 Blueberries 15 Key Lime Coconut Sheet Cake 44
18 Smothered Chicken 7 Parsley Potatoes 20 Green Beans 3 Blueberry Parfait 35 Hawaiian Roll 14	19 Sloppy Joe 31 Roasted Red Potatoes 24 Spinach 5 Melon 8	20 Potato Crunch Pollock 13 Baked Potato 18 Broccoli w/ Cheese 4 Strawberries 24 Almond Lemon Bars 23	21 Taco 26 Spanish Rice 16 Shredded Lettuce 1 Ambrosia Salad 31	22 Beef & Broccoli 12 Brown Rice 27 Red Cabbage 17 Apple 22 Fortune Cookie 3
25 Cheddar Burger w/ Fried Onions 3 Hamburger Bun 25 Ranch Potatoes 18 Cukes 'n Vinegar 7 Fresh Blueberries 15	26 Chicken & Broccoli Penne 15 Carrots 8 Strawberries 24 Wheat Roll 12 Oatmeal Raisin Walnut Cookie 23	27 Pulled Pork 10 / Bun 25 Roasted Red Potatoes 24 Cauliflower w/ Butter Parsley Sauce 5 Apple 22	28 Pollock Fillet 21 Baked Potato 18 Green Beans 3 Greek Pasta Salad 26 Pears 15	29 Fiesta Chicken 22 Brown Rice 27 Corn 23 Apricots 19

All meals served at 11:30 am at the Activity & Dining Centers. To reserve a lunch by 9 am call the Center you will attend: Sanford: (989) 687-7888 • Coleman: (989) 465-6216
 Trailside: (989) 633-3790 • Mills: (989) 282-1622 • Greendale: (989) 832-8683. Meals on Wheels Hotline: Call 989-633-3789 for changes in delivery by 9 am. Reservations are required. Menus subject to change without notice. Numbers after each menu item indicate the number of carbohydrates in grams for that item. Milk (13) is served with each meal.