

September 2016 MENU

*Menu items are subject to change due to availability of food items

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 st Country fried steak Mashed potato Sliced carrots Whole grain roll Peach crisp Chef's Special Grilled cheese with tomatoes	2 nd Chicken stroganoff Egg noodle Roasted tomato Zucchini & squash Whole grain roll Sliced Pears Chef's Special Pepper steak
5th LABOR DAY CENTER CLOSED	6th BBQ ribette sandwich** Baked beans Sweet corn Whole wheat bun Pineapple tidbits Chef's special Soup & salad bar	7th Chicken breast w/sun dried tomato cream sauce Rice pilaf Buttered peas w/onion Whole grain roll Pineapple upside down cake Chef's choice	8th Spaghetti w/meat sauce Garden salad Italian blend Bread stick Banana pudding Chef's special Panko breaded tilapia	9th Herb baked catfish Dirty rice California blend Collard greens Whole grain roll Ambrosia Chef's special Salisbury steak w/mushroom gravy
12th Beef goulash Egg noodles Buttered yellow squash Broccoli w/mushrooms Whole grain roll Pears Chef special Chicken Kiev	13th Roast pork loin** Mashed potato Peas Whole grain roll Cinnamon apple slices Chef special Soup & salad bar	14 th Chicken Florentine Egg noodle Italian blend Breadstick Orange Chef's choice	15th Cheese ravioli w/marinara Broccoli Garden salad Whole grain roll Chocolate cherry cake Chef special Turkey salad plate	16th Bratwurst w/sauerkraut German potato salad 4 way blend Whole grain hot dog bun Applesauce Chef special Potato bar
19 th Soft shell beef taco w/lettuce & cheese Refried beans Spanish rice Whole wheat tortilla Fruit cocktail Chef special Turkey burger w/fries	20th Vegetable lasagna Garden salad Italian blend Whole grain roll Sliced peaches Chef special Soup & salad bar	21 st Meatloaf w/mushroom gravy Mashed potato Green beans w/sliced carrots Whole grain roll Banana Chef's choice	22nd Sweet & Sour Pork** White Rice Buttered peas Cauliflower Whole grain roll Plums Chef's Special Catfish Olympia	23 rd Herb baked chicken breast Oven roasted potato Chef vegetable blend Whole grain roll Mandarin oranges Chef special Pizza bar
26th Beef chow mein Steamed rice Oriental vegetable Whole grain roll Tropical fruit Chef special Oriental chicken over lo mein	27 th Birthday celebration Baked ham w/cherry sauce** Oven roasted yams Broccoli & cauliflower Whole grain roll Birthday cake	28th Sheppard's Pie Glazed carrots Whole grain roll Fruited Jell-O Chef's choice	29 th Ham salad with lettuce & tomato** Three bean salad Cole slaw Whole grain roll Fresh fruit Chef's choice Chicken salad	30th Italian sausage w/pepper & onion** Steak fries Peas & carrots Whole grain bun Ambrosia Chef special Chili cheese burger with fries

East Valley Adult Resources, Inc is funded in part by Area Agency on Aging Region One

ALL MENU ITEMS WITH * CONTAIN PORK OR PORK PRODUCT