

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>(AUGUST 31) SAUERKRAUT AND PORK (21) Parsley Boiled Potatoes (12) Garden Green Peas (11) Whole Wheat Bread (10) Strawberry Applesauce (13)</p>	<p>(1) AL DENTE SPAGHETTI (20) WITH ITALIAN SAUCE (9) Green Beans (5) Garlic Toast (10) Mandarin Oranges (13)</p>	<p>(2) CLASSIC CHEESEBURGER (1) ON A WHOLE WHEAT BUN (26) Down-Home Fries (15) Fresh Tossed Salad (3) Baked Apples (23)</p>	<p>(3) HONEY MUSTARD LEG QUARTER (11) Oven-Baked Potato (28) California Blend Vegetables (4) Whole Wheat Bread (10) Chocolate Cake/Whipped Frosting (42)</p>	<p>(4) CHICKEN NOODLE SOUP (30) Mixed Vegetables (10) Southern Style Biscuit (12) Fig Newtons (20)</p>
<p>(7) LABOR DAY ALL OFFICES AND CURBSIDE MEAL PICK-UP WILL BE CLOSED</p>	<p>(8) HEARTY GOULASH (28) Southern Succotash (20) Multigrain Dinner Roll (27) Lime Pear Jell-O (26)</p>	<p>(9) SWEDISH MEATBALLS (21) Redskin Potatoes (23) Glazed Carrots (10) Whole Wheat Bread (10) Gala Apple (29)</p>	<p>(10) POLLOCK ALMONDINE (7) Cheesy Mashed Potatoes (16) Mixed Vegetables (10) Whole Wheat Bread (10) Mandarin Oranges and Pineapple Chunks (20)</p>	<p>(11) TACO SALAD (30) Grape Slushie (15)</p>
<p>(14) GOURMET CHICKEN TETRAZINNI (31) Kyoto Blend Vegetables (9) Hawaiian Roll (0) Apricots (15)</p>	<p>(15) SAVORY BEEF STEW w/VEGETABLES (9) Mashed Potatoes (17) Parmesan Brussels Sprouts (7) Whole Wheat Bread (10) Lime Poke Cake (33)</p>	<p>(16) PATTY MELT ON A (6) WHOLE WHEAT BUN (26) Oven-Baked Potato (28) Colorful Peas and Carrots (9) Apple (21)</p>	<p>(17) HAM (1) Scalloped Potatoes (21) Green Beans Almondine (6) Hawaiian Fruit Salad (19)</p>	<p>(18) CHICKEN & PASTA ALFREDO (21) Diced Carrots (7) Hawaiian Roll (0) Fresh Pear (23)</p>
<p>(21) BAKED PORK CHOPS (2) Scalloped Potatoes (21) Garden Green Peas (11) Whole Wheat Bread (10) Baked Apples (23)</p>	<p>(22) MARINATED CHICKEN BREAST (1) Oven-Baked Potato (28) Broccoli with Cheese Sauce (6) Whole Wheat Bread (10) Banana Pudding (25)</p>	<p>(23) SPINACH SALAD (64) Oreo Cookies (16)</p>	<p>(24) SCRAMBLED EGGS (3) Sausage Links (1) Oven-Browned Potatoes (16) Whole Wheat Bread (10) Orange Juice Box (13)</p>	<p>(25) COD FISH SANDWICH (16) ON WHOLE WHEAT BUN (26) Redskin Potatoes (23) Corn (21) Fresh Clementine (9)</p>
<p>(28) ITALIAN STEAK SANDWICH ON A (4) WHOLE WHEAT BUN (26) Down-Home Fries (15) Green and Yellow Beans (6) Cranberry Juice Cup (17)</p>	<p>(29) SMOTHERED CHICKEN (7) Diced Redskin Potatoes with Onion (13) Kyoto Blend Vegetables (9) Whole Wheat Bread (10) Peaches (14)</p>	<p>(30) HAWAIIAN MEATBALLS (26) Fried Rice (19) Oriental Blend Vegetables (6) Whole Wheat Bread (10) Pineapple Upside Down Cake (45)</p>	<p>(OCTOBER 1) BAKED PORK CHOP (7) w/MUSHROOM GRAVY Steamed Brown Rice (16) California Blend Vegetables (4) Whole Wheat Bread (10) Tropical Fruit Salad (21)</p>	<p>(OCTOBER 2) CITRUS DILL COD (0) Cheesy Mashed Potatoes (16) European Blend Vegetables (5) Whole Wheat Bread (10) Lemon Pudding (33)</p>

All Meals at the Activity Centers served with Fat-Free Milk (13)
 (Number next to the menu item indicates grams of carbohydrate.)

SALAD/SANDWICH MENU

SEPTEMBER 2020

SALAD CHOICE FOR THE WEEK	SANDWICH CHOICE FOR THE WEEK
<p>(WEEK OF 8-31 THRU 9-4-20) <u>ALOHA SALAD</u> White Meat Chicken Pineapple Mozzarella Cheese Onion Lettuce Green Goddess Dressing Cottage Cheese</p>	<p><u>ANTIPASTA WRAP</u> Ham Genoa Salami Black Olives Mozzarella Cheese Mild Banana Peppers Tomatoes Multigrain Wrap</p>
<p>(WEEK OF 9-7 THRU 9-11-20) <u>FALL APPLE SALAD</u> Diced Chicken Gala Apple Slices Dried Cherries Walnuts Swiss Cheese Poppyseed Dressing Multi-Grain Dinner Roll</p>	<p><u>ROAST BEEF SLIDER</u> Pepper Jack Cheese Onions Horseradish Sauce Onion Bun</p>
<p>(WEEK OF 9-14 THRU 9-18-20) <u>SEAFOOD SALAD</u> Imitation Crab Meat Celery Green Onions Water Chestnuts Cucumber</p>	<p><u>TURKEY CRANBERRY PITA</u> Turkey Breast Dried Cranberries Baby Lettuce Mix Walnuts Pita Pocket</p>
<p>(WEEK OF 9-21 THRU 9-25-20) <u>SPINACH SALAD</u> Baked Chicken Egg Mandarin Oranges Toasted Almonds Crushed Croutons Bacon Ranch Dressing Multi-Grain Dinner Roll</p>	<p><u>CALIFORNIA CHICKEN WRAP</u> Chicken Cabbage Cheese Ranch Dressing Whole Wheat Wrap</p>
<p>(WEEK OF 9-28 THRU 10-2-20) <u>TACO SALAD</u> Seasoned Beef Corn Black Beans Crushed Taco Chips Salsa/Ranch Dressing</p>	<p><u>AMERICAN CLUB WRAP</u> Ham Turkey Bacon Tomatoes Cheese Ranch Dressing Whole Wheat Wrap</p>

All Salads and Sandwiches served with
 Dessert and/or Fruit of the Day and Fat-Free Milk