

September 2021 MENU

Douglas County Senior Center * Milk Served Daily

* Sliced Whole Wheat Bread available upon request

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1. BBQ Chicken Sour Cream Potato Salad Steamed Spinach Peas & Carrots 7Grain Bread Honeydew	2 Rigatoni w/ Italian Sausage French Bread Green Salad, Pear Cup Broccoli Peach Pie	3 Turkey Ranch Club Wrap (Monterey Jack Cheese, Is Bacon, Avocado ,Tomatoes, Lettuce, Caesar Salad, Tropical Fruit Dish, Sun Chips Ice Cream Bar
6 HOLIDAY CLOSED	7 Tuna Fish Casserole Colorful Salad FF Ls French Dressing Mango Cubes WW Bread	8 <u>Birthday Day</u> Fried Chicken Coleslaw W/ Pineapple Mashed Potato & Gravy Chuck Wagon Corn Fruit Cocktail Cup Cake & Ice Cream	9 Baked Pork Chop Mashed Sweet Potatoes Steamed Green Beans Mixed Green Salad w/ French Drsg, WW Bread Orange Banana Pudding	10 Cheese Ravioli Lettuce & Tomato Salad Italian Blend Vegetables Garlic Bread Grape Juice Raspberry Cheesecake
13 Sweet Sour Meatballs Jasmine Rice Green Salad W/ Croutons Whole Baby Carrots Sherbet	14 Chicken Caesar Salad (Romaine Lettuce, Cheese, Tomato, & Croutons), Roll Hard Boiled Egg, Grapes Blueberry Muffin	15 Swiss Steak Egg Noodles Mixed Vegetable Orange Spinach Salad Italian Bread, Banana	16 Split Pea Soup Turkey Sandwich Cucumbers in Sour Cream, Fresh Orange	17 Crab Cakes w/Tartar Sauce Arcadian Blend Salad w/ Cranberries & Almonds Harvest Blend Rice Capri Blend Veggies Lemon Cake
20 Crispy Orange Chicken Wrap, Asian Slaw w/Ramen Noodles Jasmine Rice, Sugar Snap Peas w/Carrots Diced Pears, Tapioca Pudding Fortune Cookie	21 BBQ Pork Ribs Scalloped Potatoes Mustard Greens WW Bread Spiced Applesauce	22 Caribbean Shrimp Salad With Mixed Greens Cucumbers, Carrots, Mango, Mandarin Oranges w Walnut Raspberry Vinaigrette, Bread Stick, Lemon Bars	23 Cheese Tortellini w/White Sauce Jell-O W/ Pears Asparagus, Garlic Bread V-8 Juice, Custard	24 Pepper Steak Brown Rice Pilaf Layered Salad Bran Roll Mixed Berry Cup
27 Beef Stroganoff & Noodles Baked Butternut Squash Orange Spinach Salad Fresh Plum	28 Baked Fish with Dill Sauce Apple Walnut Slaw Long Grain & Wild Rice Asparagus Chocolate Cake	29 Green Chile Chicken Enchilada Lettuce Tomato & Cheese Refried Beans, Spanish Rice, Spiced Apples	30 BBQ Beef Sandwich Corn on Cob Steamed Spinach Creamy Coleslaw Citrus Delight	

