

Area Agency on Aging Region X Menu Plan

Sep-24

Monday	Tuesday	Wednesday	Thursday	Friday
2nd CLOSED FOR LABOR DAY	3rd Fried Fish Filet Sandwich Buttered Corn Spinach Wheat Bread	4th Open Faced Roast Beef Sand Mashed Potatoes / Gravy Dark Green Leafy Salad w/ Spinach Cauliflower Brownies	5th Biscuits and Gravy Sausage Scrambled Eggs Hashbrown Apple Juice	6th Cook's Choice
9th Stuffed Peppers Zucchini and Tomatoes Mexican Corn Wheat Roll Peaches Coffee/Tea/Milk	10th Taco Salad meat cheese beans Lettuce & Tomatoes Tropical Fruit Tostitos Pudding Coffee/ Tea Milk	11th Chicken Tenders Green Leafy Salad w/ Spinach California Blend Veggies Apple Crisp w/ Van. Ice Cream Wheat Roll Coffee/Tea/Milk	12th Meatloaf w/ Ketchup Mashed Potatoes w/ Gravy Carrots Apricots Wheat Roll Coffee/Tea/Milk	13th Sweet and Sour Chicken Fried Rice Oriental Vegetables Egg Roll Mandarin Oranges/Fortune Cookie Coffee/Tea/Milk
16th Chicken Fried Steak/ white gravy Mashed Potatoes Broccoli Wheat Roll Rosie Applesauce Coffee/Tea/Milk	17th Chef Salad w/ Egg Cheese Tomatoes Cucumber Onion 1/2 Ham Sandwich Tropical Fruit Cottage Cheese Coffee/Tea/Milk	18th Sloppy Joe w/ Bun Cold Pea Salad Potato Salad Pistachio Fuff w/ Pineapple Coffee/Tea/Milk	19th Oven Fried Chicken Mashed Potatoes & Gravy Peas & Carrots Wheat roll Birthday Cake w/ fruit Coffee/Tea/Milk	20th Cook's Choice
23rd Goulash w/ Tomatoes and Onion Green Beans Dark Leafy Green Salad w/ Spinach Garlic Roll Pound Cake w/ Strawberries Coffee/Tea/Milk	24th Cornbread Pork Cutlet w/ gravy Mashed Potatoes Buttered Carrots Wheat Roll Pears Coffee/Tea/Milk	25th BBQ Chicken Potato Salad Coleslaw Peach Crisp Wheat Roll Coffee/Tea/Milk	26th Beef Enchiladas w/ Lettuce, Tomato, and Onion Refried Beans Spanish Rice w/ Peppers Warm Spiced Pineapple Coffee/Tea/Milk	27th Cheeseburger w/ Bun Lettuce, Tomato, Onion, Pickle Potato Wedges Broccoli Salad Apple Salad Coffee/Tea/Milk
30th - Italian Lasagna w/ Meat Sauce Dark Green Leafy Salad w/ Spinach Italian Blend Veggies Cottage Cheese Garlic Roll Coffee/Tea/Milk				