

CW Resources Senior Community Café

September, 2017

1% or Skim milk provided
Margarine available

MENU ITEMS SUBJECT TO CHANGE

SUGGESTED DONATION \$2.50

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				<p>1</p> <p>Beef Stroganoff 6 oz Noodles 1/2 c Garden Salad 1 c Dressing 1 pkt</p> <p>Bread 1 sl</p> <p>Grapes 1/2 c</p>
4	5	6	7	8
<p>Labor Day Closed</p> 	<p>Pollock 4 oz B. Potato 1 med Veggies 1/2 c Sour Cream 2 tbsp</p> <p>Bread 1 sl</p> <p>Plum 1 ea</p>	<p>Juice 1/2 c Spaghetti 1/2 c Meat Sauce 1/2 c Salad 1 c Dressing 1 pkt</p> <p>Bread 1 sl</p> <p>Birthday Cake 1 sl</p>	<p>Pasta 6 oz Crackers 1 pkt Chix Salad 4oz Let Bed 1/4 c Tom/ Olive Salad 1/2 c P. Beets 1/2 c</p> <p>Bread 1 sl</p> <p>Peaches 1/2 c</p>	<p>Juice 4 oz Pep Steak with Pep / Onions 4 oz Potatoes 1/2 c Peas / Carrots 1/2 c</p> <p>Bread 1 sl</p> <p>Pudding 1/2 c</p>
11	12	13	14	15
<p>Grld Beef Strips 4 oz Rice 1/2 c Spinach 1/2 c</p> <p>Bread 1 sl</p> <p>Citrus Sectns 1/2 c</p>	<p>Crn of Broccoli 6 oz Crackers 1 pkt Chix Salad 4 oz w/ olives, tom, blk beans & corn- 1 c</p> <p>Dressing 1 pkt Corn Muffin 1 ea</p> <p>Applesauce 1/2 c</p>	<p>Roast Trky 4 oz Gravy 1/4 c Mash Potatoes 1/2 c Veggies 1/2 c Cranbry Sauce 2 tbsp</p> <p>Biscuit 1 sl</p> <p>Tropical Fruit Cup</p>	<p>Fish 4 oz Fruit Rice 1/2 c (with Apples) Broccoli 1/2 c</p> <p>Bread 1 sl</p> <p>Frt Cktail 1/2 c</p>	<p>Juice 4 oz Pork 4 oz Noodles 1/2 c Grn Beans 1/2 c</p> <p>Bread 1 sl</p> <p>Brownie 1 ea</p>
18	19	20	21	22
<p>Veal 4 oz</p> <p>Noodles 1/2 c Beets 1/2 c</p> <p>Bread 1 sl</p> <p>Frt Cktail 1/2 c</p>	<p>Cranberry Juice Broccoli Bake Stewed Tomatoes Romaine Salad French Dressing</p> <p>Rye Bread</p> <p>Oatmea Raisin Cookies</p>	<p>Orange Juice Baked Chicken Parmesan Rigatoni and Sauce Spinach Salad Italian Dressing</p> <p>Italian Bread</p> <p>Cinnamon Applesauce</p>	<p>Yankee Bean Soup Unsalted Crackers Tuna Salad with Celery and Onion Carrot Raisin Slaw</p> <p>Hot Dog Roll</p> <p>Apricots</p>	<p>Grape Juice Turkey Tetrzzini Sauce Brown Rice California Blend Veggies</p> <p>Pumpernickel Bread</p> <p>Ice Cream Cup</p>
25	26	27	28	29
<p>Homemade Meatloaf Onion Gravy Sweet Potato Peas</p> <p>Potato Bread</p> <p>Plum</p>	<p>Apple Juice Herbed Chicken Legs Cheesy Rice Oriental Blend Veggies</p> <p>100% Whole Wheat Warm Peach Cobbler with Topping</p>	<p>Codfish Cakes Steak Fries Cole Slaw Ketchup</p> <p>Corn Muffin</p> <p>Tropical Fruit Cup</p>	<p>Cranberry Juice Open Faced Turkey Sandwich with Gravy Buttered Noodles Peas and Carrots</p> <p>Apple Pie</p>	<p>Pinapple Orange Juice LS Sliced Honey Ham Oven Roasted Potatoes Broccoli with Red Pepper</p> <p>Rye Bread</p> <p>Mandarin Oranges</p>