

**Community Action Senior Home Delivery Menu - September 2012**

<b>Monday</b>		<b>Wednesday</b>		<b>Friday</b>
<b>September 3, 2012</b>		<b>September 5, 2012</b>		<b>September 7, 2012</b>
<i>Hot Meal</i>	<i>Cold Meal - Friday August 31</i>	<i>Hot Meal</i>	<i>Cold Meal</i>	
<b>LABOR DAY!</b> Agency Closed No Meal Service Two Meals will be Served Friday August 31, 2012	Turkey Tetrazini Spiral Noodles Steamed Broccoli Salad Greens Apricots	Egg Salad On Whole Wheat Bread Lentil Soup Bell Pepper Slices Mandarin Oranges	Chicken & Dumplings Peas & Carrots Roasted Asparagus Apple Sauce	Ravioli w/ Meat Sauce Bread Stick Italian Vegetables Salad Greens & Dressing Pears in Jell-O
<b>September 10, 2012</b>		<b>September 12, 2012</b>		<b>September 14, 2012</b>
<i>Hot Meal</i>	<i>Cold Meal</i>	<i>Hot Meal</i>	<i>Cold Meal</i>	
Tuna Salad Whole Grain Bread Carrot Sticks Pea Salad Mixed Fruit	Taco Salad (Meat, Lettuce, Tomato) Refried Beans Corn Chips Tropical Fruit	Meat Loaf AuGratin Potatoes Cooked Cabbage Strawberries & Angel Food Cake	Chili with Meat & Beans Corn Bread Marinated Cucumber & Onions Grape Salad	Beef Stew w/ Potatoes & Carrots Over a Biscuit Roasted Asparagus Baked Apple Slices
<b>September 17, 2012</b>		<b>September 19, 2012</b>		<b>September 21, 2012</b>
<i>Hot Meal</i>	<i>Cold Meal</i>	<i>Hot Meal</i>	<i>Cold Meal</i>	
Egg, Spinach & Cheese Quiche w/ Texas Toast Marinated Cucumber & Tomato Salad Banana	Polish Sausage w/ Sauerkraut on a Whole Grain Bun Celery Sticks Cinnamon Applesauce	Turkey Pasta Salad Whole Grain Crackers Green Beans Pickled Beats Apricots	Breaded Pork Cutlet Brown Rice Sweet Peas Glazed Carrots Apple Pie	Cheese Burger on Whole Grain Bun Black Bean Salad Calico Corn Pineapple
<b>September 24, 2012</b>		<b>September 26, 2012</b>		<b>September 28, 2012</b>
<i>Hot Meal</i>	<i>Cold Meal</i>	<i>Hot Meal</i>	<i>Cold Meal</i>	
Chicken & Cheese Quesadilla Refried Beans Cherry Tomatoes Mango	Ham & Beans Corn Bread Steamed Broccoli Grapes	Tuna Casserole w/ Whole Wheat Noodles Peas Celery Sticks Sliced Apricots	Oven Baked Chicken Roasted Potatoes Carrots Whole Grain Roll Apple Sauce	Chef Salad (Meat, Cheese, Egg, Tomato & Dressing) Whole Grain Crackers Bean Soup Fresh Strawberries
<i>Hot Meal</i>	<i>Cold Meal</i>	<i>Hot Meal</i>	<i>Cold Meal</i>	
				Suggested Donation: \$3.00 However, no one requesting a meal will be denied meal services.

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