

September 2021 Menu

Meals will still be available as take-out (\$7 suggested donation, add \$2 for salad).

Please note: menu is subject to change based on product availability. 907-567-3988 Please call in advance to order a meal.

Our nutrition program provides 1/3 of the recommended daily nutrition for Seniors and has been approved by a registered dietitian.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<i>Birthdays</i>			<i>Bingo @ 1:15</i> 1	2	3	<i>Information</i> 4
Frank Volkert 9/4 Robert Olchin 9/4			Cashew Chicken Salad w/Croissants Jell-O Veggie Toss	Sweet & Sour Pork Rice Vegetable	Halibut Pasta Vegetable Garlic Bread	<i>Soup served daily with pick up meals</i>
5	6	7	<i>Bingo @ 1:15</i> 8	9	10	11
Judy Clemenson 9/5 Nancy Walsh 9/7 Phyllis McCutchan 9/11 Vicki Steik 9/11	Center Closed For Labor Day	Red Curry Beef Strips Rice Stir Fry Veggies	Baked Chicken Macaroni Salad Bean Bake	Lil' Cheddar Meatloaf Mashed Potatoes Gravy Vegetable	Spinach & Cheese Ravioli Vegetable Garlic Bread	
12	13	14	<i>Bingo @ 1:15</i> 15	<i>Board Meeting</i> 16	17	18
David Clemenson 9/13 Kaye Waldsmith 9/13 Linda Hull 9/15 Scott Thompson 9/17 Donna Liesenfeld 9/17 Amy Lambert 9/18 Kathy Bundy 9/18	Hawaiian Chicken Rice Vegetable	Hamburger Steaks Potatoes Gravy Vegetable	Kielbasa Sausage Sauerkraut Casserole Creamy Corn	Turkey Thursday	Swiss & Ham on Buns Potato Salad Jell-O	<i>Suggested Donation \$8.00 Members \$12.00 Guests To-Go Soup \$1.00 per cup</i>
Terry Hepner 9/18 19	20	21	<i>Bingo @ 1:15</i> 22	23	24	25
Karen Nalewako 9/23	Roast Beef Potatoes Gravy Carrots	Crispy Pork Cutlets Yams Green Beans	Chicken Broccoli Casserole Rice Dish Vegetable	Beef Stroganoff Parsley Noodles Glazed Carrots	Salmon Patties Coleslaw Potato Dish Tartar Sauce	<i>The cook reserves the right to change the menu without notice.</i>
26	27	28	<i>Bingo @ 1:15</i> 29	30		
Flip Grabner 9/26 Lonnie Lambert 9/27 Charlene Petty 9/27 Carol Joyce 9/29 Bev Hylan 9/30	Sweet & Sour Meatballs Rice Vegetable	Baked Chicken Country Gravy Mashed Potatoes Vegetable	Flour Tortillas Beef Fajitas Mexi-Salad Refried Beans	Italian Sausage & Cheese Lasagna Broccoli Salad Garlic Bread		<i>Salad Bar and Soup Served Daily with congregate meals **</i>