




September 2022 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
Birthdays				1	2	Information 3
				Sweet & Sour Meatballs Rice Vegetable	Cheese Bacon Broccoli Tortellini Vegetable Bread	<i>Soup served daily with pick up meals</i>
4	5	6	<i>Bingo @ 1:15 7</i>	8	9	10
Frank Volkert 9/4 Judy Clemenson 9/5 Nancy Walsh 9/7	Center Closed Labor Day	Cordon Bleu Casserole Vegetables Garlic Bread	Lil' Cheddar Meatloaf Mashed Potatoes Vegetable	Buns BBQ Pork Coleslaw Baked Beans Corn	Wild Sockeye Salmon Fillets Potatoes Vegetables	
11	12	13	<i>Bingo @ 1:15 14</i>	15	<i>Board Meeting 16</i>	17
Phyllis McCutchan 9/11 Vicki Steik 9/11 David Clemenson 9/13 Kaye Waldsmith 9/13 Linda Hull 9/15 Scott Thompson 9/17 Donna Liesenfeld 9/17	Roast Beef Mashed Potatoes Gravy Vegetables	Chicken Enchiladas Red Beans & Rice Mexi Salad Chips & Salsa	Pork Tenderloin Scalloped Potatoes Vegetables	Spaghetti Vegetable Garlic Bread	Link Sausage Frittata Potatoes Fruit Bowl (no salad bar)	
18	19	20	<i>Bingo @ 1:15 21</i>	22	23	24
Amy Lambert 9/18 Kathy Bundy 9/18 Terry Hepner 9/18 Karen Nalewako 9/23	Sweet & Sour Chicken Rice Vegetable Egg Roll	Salisbury Steaks Potatoes Vegetable	Mushroom Pasta Casserole Vegetable Garlic Bread	Turkey Thursday	Halibut Coleslaw Ancient Grains Tartar Sauce	
25	26	27	<i>Bingo @ 1:15 28</i>	29	30	
Flip Grabner 9/26 Terry Scovell 9/26 Lonnie Lambert 9/27 Angie Hickel 9/27 Charlene Petty 9/27 Gina Kent 9/28 Allan Townsend 9/30 Bev Hylen 9/30	Baked Ham Vegetables Scalloped Potatoes	Cheese Manicotti Vegetable Garlic Bread	Buns Sloppy Joes Macaroni Salad Baked Beans	Lemon Chicken Pasta Toss Vegetable	Bourbon Brat Skewers "Off the stick" Vegetable Potato Casserole	<i>Salad Bar and Soup Served Daily with congregate meals</i>