



September 2023 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	Information 2
					Breakfast Frittata Link Sausage Potatoes Blueberry Bread Pudding	<i>Soup served daily with pick up meals</i>
3	4	5	Bingo @ 1:15 6	7	8	9
Frank Volkert 9/4 Judy Clemenson 9/5 Nancy Walsh 9/7	Center Closed for Labor Day	Asian Pork Medallions Rice Vegetables	Salisbury Steaks Mashed Potatoes Gravy Vegetables	Crispy Chicken Pasta Toss Vegetables	Sockeye Salmon Filets Potato Casserole Vegetables	Suggested Donation \$8.00 Members \$12.00 Guests To-Go Soup \$1.00 per cup
10	11	12	Bingo @ 1:15 13	14	15	16
Vicki Steik 9/11 David Clemenson 9/13 Richard Thayer 9/13 Kaye Waldsmith 9/13 Sheron Thomas 9/16	Sweet & Sour Meatballs Rice Eggrolls	Florentine Pasta Bake Vegetable Garlic Bread	Chicken Enchiladas Refried Beans Mexi Salad	Shepherd's Pie Potatoes Vegetable	BBQ Country Ribs Coleslaw Bean Bake Corn	
17	18	Cards w/Kimberly 19	Bingo @ 1:15 20	Board Meeting 21	22	23
Scott Thompson 9/17 Amy Lambert 9/18 Kathy Bundy 9/18 Terry Hepner 9/18 Dan Skipwith 9/23	Baked Chicken Potatoes Gravy Vegetable	Sweet & Spicy Pork Cubes Rice & Beans Vegetable	Tuscany Pasta Vegetable Garlic Bread	Lil' Cheddar Meatloaf Mashed Potatoes Vegetable	Croissants Chicken Salad Jell-O Pasta Toss	Autumn Begins
Ray Clouatre 9/25 24	25	26	Bingo @ 1:15 27	28	29	30
Cheryl Matson 9/25 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 Jane Grady 9/30	Crispy Pork Cutlets Dressing Vegetable Cranberry Sauce	Cheese Enchilada Rice Refried Beans	Meatballs in Country Gravy Potatoes Vegetables	Monterey Chicken Rice Garlic Bread	Halibut Potatoes Vegetable Tartar Sauce Coleslaw	