

CW Resources Senior Community Café

September, 2016

1% or Skim milk provided
Margarine available

MENU ITEMS SUBJECT TO CHANGE

SUGGESTED DONATION

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			<p>1</p> <p>Grape Juice Tuna Salad with Celery Potato Salad Spinach Salad Vinaigrette</p> <p>12 Grain Bread</p> <p>Birthday Cake</p>	<p>2</p> <p>Veal Stew with Peppers and Onions Buttered Noodles Garden Salad Italian Dressing</p> <p>Pumpnickel Bread</p> <p>Grapes</p>
<p>5</p> <p>Labor Day Closed</p> 	<p>6</p> <p>BBQ Chicken Legs Rice Pilaf Chopped Broccoli</p> <p>Wheat Bun</p> <p>Fresh Apple</p>	<p>7</p> <p>Chicken Corn Chowder Unsalted Crackers Cheese Lasagna Marinara Sauce Cauliflower and Zucchini</p> <p>Italian Bread</p> <p>Orange</p>	<p>8</p> <p>Turkey Stew Brown Rice Chuck Wagon Veggies</p> <p>Dinner Roll</p> <p>Sliced Melon</p>	<p>9</p> <p>Apple Juice Parmesan Crusted Pollock Baked Potato Scandinavian Veggies Sour Cream</p> <p>Multi Grain Bread</p> <p>Brownie</p>
<p>12</p> <p>Apricot Ginger Grilled Beef Strips Au Jus White Rice Spinach</p> <p>Pumpnickel Bread</p> <p>Citrus Sections</p>	<p>13</p> <p>Apple Juice Sliced Pork Au Jus Sesame Noodles 3 Bean Salad</p> <p>Rye Bread</p> <p>Pineapple Chunks</p>	<p>14</p> <p>Cream of Mushroom Unsalted Crackers Southern Grilled Chicken Salad with Tomatoes, Olives, Black Beans and Corn Dressing 100% Whole Wheat Dinner Roll Cinnamon Applesauce</p>	<p>15</p> <p>Orange Juice Ravioli Meat Sauce Capri Blend Veggies</p> <p>Garlic Bread</p> <p>Oatmeal Cream Pie</p>	<p>16</p> <p>Shepard's Pie with Ground Beef, Mashed Potatoes and Carrots Green Beans</p> <p>Biscuit</p> <p>Mixed Fruit Cup</p>
<p>19</p> <p>Veal Parmesan Spaghetti Broccoli</p> <p>Italian Bread</p> <p>Apricots</p>	<p>20</p> <p>Cranberry Juice Broccoli Bake Tater Tots Romaine Salad French Dressing</p> <p>Rye Bread</p> <p>Oatmeal Raisin Cookies</p>	<p>21</p> <p>Beef Barley Soup Unsalted Crackers Macaroni Salad with Tuna, Celery, Peas and Onion Tomato Mozzarella Salad</p> <p>Dinner Roll</p> <p>Apple</p>	<p>22</p> <p>Grape Juice BBQ Pulled Chicken Boiled Potatoes Braised Cabbage</p> <p>Hamburger Roll</p> <p>Sherbet</p>	<p>23</p> <p>Lemon Pepper Fish Fruited Rice with Apples Spinach</p> <p>Pumpnickel Bread</p> <p>Fruit Cup</p>
<p>26</p> <p>Apple Juice Herbed Chicken Legs Cheesy Rice Oriental Blend Veggies</p> <p>100% Whole Wheat Warm Peach Cobbler with Topping</p>	<p>27</p> <p>Wonton Soup Unsalted Crackers Pork Egg Rolls Fried Rice Oriental Blend Veggies</p> <p>Fortune Cookie</p> <p>Pineapple Chunks</p>	<p>28</p> <p>Grape Juice Cheeseburger Sliced Seasoned Potatoes Chuck Wagon Veggies</p> <p>Hamburger Bun</p> <p>Chocolate Chip Cookies</p>	<p>29</p> <p>Orange Juice</p> <p>Spaghetti with Meat Sauce Parmesan Cheese Tossed Salad Ranch Dressing Garlic Bread Peaches</p>	<p>30</p> <p>Orange Juice Chunky Seafood Salad Lettuce and Tomato Pasta Spinach Salad</p> <p>Whole Wheat Bun</p> <p>Tropical Fruit Cup</p>