

CW Resources Senior Community Café

September, 2014

1% or Skim milk provided
Margarine available

MENU ITEMS SUBJECT TO CHANGE

SUGGESTED DONATION

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1</p> <p>Labor Day Closed</p> 	<p>2</p> <p>Grilled Chicken Breast with Chicken Gravy Rice Pilaf Chuck Wagon Veggies</p> <p>Wheat Bun</p> <p>Fresh Apple</p>	<p>3</p> <p>Orange Juice Spaghetti with Meat Sauce Tossed Salad Ranch Dressing Parmesan Cheese</p> <p>Italian Bread</p> <p>Ice Cream Cup</p>	<p>4</p> <p>Grape Juice Tuna Salad with Celery Potato Salad Spinach Salad</p> <p>12 Grain Bread</p> <p>Birthday Cake</p>	<p>5</p> <p>Veal Stew with Peppers and Onions Buttered Noodles Garden Salad Italian Dressing</p> <p>Pumpnickel Bread</p> <p>Grapes</p>
<p>8</p> <p>Beef Stroganoff Egg Noodles Diced Carrots</p> <p>Rye Bread</p> <p>Fruit Cocktail</p>	<p>9</p> <p>Cranberry Juice Southern Herb Chicken Quarter Au Jus Mashed Potatoes Spinach</p> <p>Corn Muffin</p> <p>Banana</p>	<p>10</p> <p>Chicken Noodle Soup Unsalted Crackers Cheese Lasagna Marinara Sauce Cauliflower</p> <p>Italian Bread</p> <p>Orange</p>	<p>11</p> <p>Roast Turkey LS Turkey Gravy Stuffing Chuck Wagon Veggies Cranberry Sauce</p> <p>Dinner Roll</p> <p>Sliced Melon</p>	<p>12</p> <p>Apple Juice Parmesan Crusted Pollack Baked Potato Scandinavian Veggies Sour Cream Lemon Multi Grain Bread</p> <p>Brownie</p>
<p>15</p> <p>Cream of Mushroom Unsalted Crackers Grilled Chicken Caesar Salad with Olives, Cucumbers and Croutons Caesar Dressing 100% Whole Wheat</p> <p>Cinnamon Applesauce</p>	<p>16</p> <p>Sliced Pork Au Jus Sesame Noodles 3 Bean Salad</p> <p>Rye Bread</p> <p>Pineapple Chunks</p>	<p>17</p> <p>Shepard's Pie with Ground Beef, Mashed Potatoes and Carrots Green Beans</p> <p>Biscuit</p> <p>Mixed Fruit Cup</p>	<p>18</p> <p>Orange Juice Turkey Stew Lima Beans Capri Blend Veggies</p> <p>Corn Muffin</p> <p>Oatmeal Cream Pie</p>	<p>19</p> <p>Apricot Ginger Grilled Beef Strips Au Jus White Rice Spinach</p> <p>Pumpnickel Bread</p> <p>Citrus Selections</p>
<p>22</p> <p>Apple Juice Salisbury Steak LS Beef Gravy Au Gratin Potatoes Buttered Beets</p> <p>White Bread</p> <p>Rice Pudding</p>	<p>23</p> <p>Cranberry Juice Broccoli Bake Tater Tots Romaine Salad French Dressing</p> <p>Rye Bread</p> <p>Oatmeal Raisin Cookies</p>	<p>24</p> <p>Beef Barley Soup Unsalted Crackers Chicken Salad w/Celery 4 Bean Salad Coleslaw</p> <p>Hot Dog Roll</p> <p>Sherbet</p>	<p>25</p> <p>Grape Juice Pulled Pork Au Jus Boiled Potatoes Braided Cabbage</p> <p>Hamburger Roll</p> <p>Apple</p>	<p>26</p> <p>Lemon Pepper Fish Fruited Rice(w/apples) Spinach</p> <p>Pumpnickel Bread</p> <p>Fruit Cup</p>
<p>29</p> <p>Apple Juice Lemon Grilled Chicken Breast Au Jus Lemon Parslied Rice Oriental Blend Veggies</p> <p>100% Whole Wheat Warm Peach Cobbler with Topping</p>	<p>30</p> <p>Hearty Vegetable Soup Unsalted Crackers Fish Filet French Fries Buttered Beets Tartar Sauce Whole Wheat Bun</p> <p>Tropical Fruit Cup</p>			