



Call 672-2240 for a Home Delivered Meal

September 2010

* Menu item contains nuts
All meals are served with 1% milk

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>REGISTRATION NOTICE</p> <p><i>Beginning October 1st, 2010, patrons 60 years of age or older having a meal at The Center, or at any of our sites, must be registered to take advantage of the \$4.00 suggested donation. To check your registration status, please call 672-2240 to inquire.</i></p>			Fish Florentine Mixed Grain Pilaf Blueberry Muffin Fanny's Coleslaw Strawberries Ice Cream 1	Roast Beef w/Gravy Rosemary Red Potatoes Green Beans & Tomatoes Garlic Roll Pears Black Forest Cake 2	Tomato Dill Soup Turkey Club Sandwich on Whole Wheat Bread Tossed Salad Red Grapes Chocolate Chip Cookie 3	Ham & Pasta Salad Harvest Vegetables Pumpernickel Roll Banana Strawberry Shortcake 4
Beef Pot Roast w/Potatoes, Carrots, Onions & Gravy Potato Roll Green Salad Apricot Crisp 5	BBQ Pork Sandwich on a Whole Wheat Bun German Potato Salad Pacific Blend Vegetables Peaches Ranger Cookie 6	Lasagna Italian Blend Vegetables Mixed Green Salad California Fruit Rhubarb Cake 7	Roast Turkey w/Gravy Mashed Potatoes Caribbean Vegetables Cran-Apple Salad Pumpkin Cookie 8	Sweet & Sour Pork Brown Rice Pilaf Sesame Green Beans * Asian Salad * Ginger Pears 9	Swiss Steak w/Tomato Sauce Baked Potato Brussels Sprouts Mixed Green Salad Apricot Crisp 10	Chicken Ala King over a Buttermilk Biscuit Cucumber Salad Plums Oatmeal Spice Cake 11
Parmesan Coated Fish Roasted Root Vegetables Minnesota Green Beans * Pumpernickel Bread Banana Split Dessert 12	Beef Stir Fry Steamed Brown Rice Gingered Carrots Pineapple Chunks Almond Bark Cookie * 13	Chicken Enchilada Ranch Style Beans Lettuce & Tomato Salad Tropical Fruit Date Bar 14	Spinach & Ham Quiche Sweet Potato Fries Oregon Bean Medley Pumpkin Bran Muffin Mandarin Oranges 15	Chili Mozzarella Cheese Stick Cinnamon Roll Garden Salad California Fruit 16	Turkey Cutlet w/Dried Cherries & Rosemary Scalloped Potatoes Broccoli Whole Wheat Roll Fruit Pizza 17	Cabbage Roll Casserole Baked Potato Pacific Blend Vegetables Carrot Raisin Salad Chocolate Cupcake 18
Roast Pork w/Dressing Chunky Applesauce Brussels Sprouts Lettuce & Tomato Salad Cherry Crisp 19	Potato Leek Soup Chef's Salad Whole Wheat Roll Melon Cup Chocolate Chip Cookie 20	Roast Beef Mashed Potatoes w/Gravy California Vegetables Cucumber Tomato Salad Blueberry Buckle 21	Lemon Garlic Chicken Pasta Primavera Tossed Vegetable Salad Pears Carrot Cake 22	Pork Wings Baked Squash Mediterranean Salad Rye Roll Fruit Pizza 23	Meat Loaf w/Gravy Cauliflower Mac 'n Cheese Bahamas Vegetables Whole Wheat Roll Baked Apples 24	Cheese Tortellini w/Meat Sauce Italian Style Zucchini Tossed Green Salad Fruit Ambrosia Banana Spice Cake 25
BBQ Chicken Potato Salad Fanny's Cole Slaw Whole Wheat Roll Creamy Fruit Bowl 26	Egg & Sausage Bake Seasoned Potatoes Spring Salad Oatmeal Maple Muffin Citrus Fruit Cup 27	Beef Tips w/Mushrooms over Egg Noodles Broccoli w/Lemon Zest Cinnamon Raisin Roll Fruity Cherry Salad 28	Pork Chop Supreme Potatoes Au Gratin Green Beans Confetti Cole Slaw Cran-Apple Crisp 29	Salmon Filet Creamy Parmesan Risotto Caribbean Vegetables Carrot Raisin Pineapple Salad Pear Crisp 30		

SERVING AT:

The Sheridan Senior Center Every Day 11:30 a.m. - 12:45 p.m.
 Heritage Towers Monday - Friday from 12:00 noon - 12:45 p.m.
 The Story Women's Club *Tuesday* from 12:00 noon - 12:45 p.m.

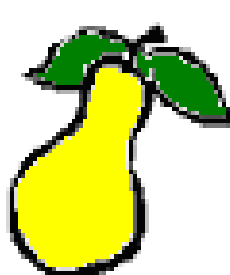



Home Delivered Meals available Every Day to those who qualify: 672-2240
 The Dayton Community Center Monday - Friday 12:00 noon - 12:45 p.m.
 The Big Horn Women's Club *Thursday* from 12:00 noon - 12:45 p.m.

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Roast Pork w/Dressing Chunky Applesauce Green Beans Lettuce & Tomato Salad Cherry Crisp Ice Cream 1	Chicken Salad * Marinated Vegetables Whole Wheat Roll Melon Cup Chocolate Chip Cookie 2	Roast Beef Mashed Potatoes w/Gravy California Vegetables Cucumber Beet Salad Blueberry Buckle 3	Pork Wings Baked Squash Mediterranean Salad Rye Roll Fruit Pizza 4	Meat Loaf w/Gravy Cauliflower Mac 'n Cheese Bahamas Vegetables Whole Wheat Roll Baked Apples 5	Lemon Garlic Chicken Rosemary Red Potatoes Key Largo Vegetables Tossed Vegetable Salad Pears Chocolate Fudge Cake 6	Cheese Tortellini w/Meat Sauce Italian Style Zucchini Tossed Green Salad Fruit Ambrosia Oatmeal Spice Cake 7
Beef Tips w/Mushrooms over Egg Noodles Broccoli w/Lemon Zest Cinnamon Raisin Roll Fruity Cherry Salad Peanut Butter Cookie * 8	Egg & Sausage Bake Seasoned Potatoes Spring Salad Oatmeal Maple Muffin Citrus Fruit Cup 9	Salmon Filet Creamy Parmesan Risotto Caribbean Vegetables Carrot Apple Celery Raisin Salad Date Bar 10	Sloppy Joe on WW Bun Home Fries Marinated Vegetables Pasta Salad Fruit Parfait 11	Oven Fried Chicken Potato Salad Fanny's Cole Slaw Whole Wheat Roll Creamy Fruit Bowl 12	Minestrone Tuna Salad Sandwich Green Salad Fruit Cup Lemon Cookie 13	Pork Chop Supreme Potatoes Au Gratin Green Beans Confetti Cole Slaw Cran-Apple Crisp 14
Turkey Breast Filet w/Peas & Spring Onions Steamed Brown Rice Stewed Tomatoes Fruit Ambrosia Oatmeal Spice Cake 15	Beef & Bean Enchilada Chuck Wagon Corn Lettuce & Tomato Salad Mandarin Oranges Coconut Almond Pudding 16	Hawaiian Chicken Baked Sweet Potato Key Largo Vegetables Blueberry Muffin Tropical Fruit 17	Beef Pot Roast w/Roasted Potatoes, Carrots, Onions & Gravy Potato Roll Spring Salad Apricot Crisp 18	Breaded Baked Fish Baked Squash Spring Blend Vegetables Spinach Bread Strawberries & Bananas 19	Chicken Caesar Salad Pickled Beets Whole Wheat Roll Melon & Berry Cup Carrot Cake 20	Baked Steak Teriyaki over Egg Noodles Stir Fry Vegetables Asian Salad * Pineapple Chunks Coconut Macaroon 21
Boneless Pork Chop w/Mushroom Gravy Garlic Mashed Potatoes California Vegetables Spinach Salad Apple Crisp 22	Pizza w/Pepperoni, Ground Beef & Veggies Oregon Bean Medley Waldorf Salad * Creamy Rice Pudding 23	Glazed Baked Ham Baked Sweet Potatoes Italian Style Zucchini Honey Mustard Slaw Pineapple Upside- Down Cake 24	Buffalo Chicken Pasta Primavera Cucumber Salad Peaches Lemon Blueberry Muffin 25	Roast Turkey w/Gravy Mashed Potatoes Green Beans Swedish Rye Bread Cran-Apple Salad Pumpkin Cookie 26	French Dip Sandwich w/Au Jus & Horseradish Sweet Potato Fries Broccoli Craisin Salad Raspberry Bar 27	Seafood Pasta Salad 3-Bean Salad Boston Brown Bread Melon Cup Chocolate Pudding 28
Oven Fried Chicken Mashed Potatoes w/Gravy Spring Blend Vegetables Spinach & Orange Salad Gingerbread 29	Taco Salad w/Mexican Ground Beef, Veggies, Cheese, Chips & Salsa Creamed Corn Tropical Fruit Tapioca Pudding 30	Chicken Fried Steak Garlic Mashed Potatoes w/Country Gravy Garden Vegetables Tossed Salad Watermelon 31	 <h2>"Pear-Up" With Good Nutrition</h2> <p>BE SURE TO ATTEND THE: <i>Farmer's Market @ Whitney Commons</i> <i>Thursdays from July 22 thru September 23; 5:00-7:00 p.m.</i> <i>for locally grown fruits and vegetables.</i> <i>Good for your Health - Good for our Community</i></p> 			

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