



September 2025 Regular Menu



Monday	Tuesday	Wednesday	Thursday	Friday
1 Senior Center Closed 	2 Chicken Parmesan Pasta Broccoli Italian Veg Blend Apple	3 Pork w/ Apple Gravy Mashed Sweet Potatoes Italian Bes Orange W. Grain Bread	4 Meatloaf Mashed Cauliflower Yellow Squash Banana W. Grain Bread	5 Italian Baked Fish Over Brown Rice Spinach Cauliflower Plum
8 Pork & Sauerkraut Mashed Potatoes Mixed Veg Pear W. Grain Bread	9 Chicken marsala Orzo Italiano Cali Veg Blend Peach	10 Beef Fajita Over Brown Rice Sweet Corn Cauliflower Applesauce	11 Chicken Carbonara Pasta Zucchini Carrots Nectarine	12 Broccoli Mac & Cheese Stewed Tomatoes Italian Blend Veg Tangerine
15 Turkey Burger w/Cheddar Red Beets Peas & Carrots Orange	16 Sausage & Peppers Over Egg Noodles Snap Peas Cauliflower Pineapple Tidbits	17 Shepherd's Pie Carrots Green Beans W. Grain Bread Pear	18 Chicken Cacciatore Brown Pice Pilaf Scandinavian Veg Blend Banana	19 Veggie & Cheese Egg Bake Roasted Potatoes Hot Cinnamon Apples W. Grain Bread
22 Pot Roast Broccoli Yellow Squash Plum	23 Turkey & Bean Chili Over Brown Rice Carrots Snap Peas Apple	24 BBQ Pulled Pork Oregon Veg Blend Cauliflower Tangerine W. Grain Bread	25 White BBQ Chicken Thigh Zucchini Peas Peach W. Grain Bread	26 Lasagna Roll Up Brussel Sprouts Carrots Orange
29 Turkey Tetrazzini California Veg Blend Italian Beans Apple	30 Asian Beef & Broccoli Over Brown Rice /Carrots Oriental Veg Blend Mandarin Oranges	 8 oz. carton of 2% milk is served with lunch		