



SEPTEMBER 2026 Menu

DONATIONS TO SUPPORT THIS PROGRAM ARE APPRECIATED!



Sun	Mon	Tue	Wed	Thu	Fri	Sat
LUNCH IS SERVED 11:30-12:15 NOON		1	2 Baked Stuffed Sole w/Cream Sauce, Baked Potatoes, Green Beans, Roll and Dessert	3 BINGO 10:00AM Chicken Pot Pie Peas, Roll and Dessert	4	5 PLEASE REMEMBER THE MENU IS SUBJECT TO CHANGE
6	7 Labor Day	8	9 Turkey Salad Wrap, Chips, Small Salad, and Dessert	10 BINGO 10:00AM Roast Pork w/ Gravy, Roasted Sweet Potatoes, Zucchini & Summer Squash, Roll and Dessert	11	12
13 Milk and Water is available with all meals	14 BINGO 10:00AM Sausage & Meatball Ziti Casserole, Garlic Bread, Small Salad and Dessert	15	16 Chili, BLT Sandwich, 3 Bean Salad, and Dessert	17 BINGO 10:00AM Macaroni & Cheese w/ Grilled Ham Steak, Baked Beans, Coleslaw, Corn Bread and Dessert	18	19
20	21 BINGO 10:00AM Meatloaf w/Gravy, Mashed Potatoes, Peas & Carrots, Roll and Dessert	22	23 BBQ Chicken Sandwich, Potato Salad, Small Salad, and Dessert	24 BINGO 10:00AM Lasagna w/Meat Sauce, Garlic Bread, Small Salad and Dessert	25	26 REMEMBER YOUR DAILY NUTRITIONAL REQUIREMENTS
27	28 BINGO 10:00AM Sheppard's Pie, Tater Tots, Small Salad, and Dessert	29	30 Hamburger on a Toasted Roll w/ Lettuce, Tomato, Salad and Dessert			GRAINS: 7 to 8 ounces PROTEIN: 6 ounces Dairy 2 to 3 cups VEGGIES: 2.5 cups FRUIT 2 to 2.5 cups OILS: 2 teaspoons

