

Shenandoah County Senior Center

September Menu

MON	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Center closed	3 CHICKEN FILET ON WHEAT BUN W/MAYONNAISE SCALLOPED POTATOES PEAS & MUSHROOMS CANNED APRICOTS MILK, 2%, 8 OZ	4 SAUTEED TORTELLINI W/SPAGHETTI SAUCE GREEN BEANS SAUTEED FRESH YELLOW SQUASH FRUIT COCKTAIL MILK, 2%, 8 OZ WHEAT ROLL	5 TUNA SALAD SANDWICH, (WITH CELERY) on WHOLEWHEAT BREAD CHICKEN NOODLE SOUP FRESH CUKE/TOM SALAD OAT & RAISIN COOKIE SLICED PEACHES MILK, 2%, 8 OZ	6 SOFT WHOLE WHEAT BEEF TACOS WITH SHREDDED CHEESE PINTO BEANS CARROTS SLICED APPLES MILK, 2%, 8 OZ
Center closed	10 GRILLED TURKEY CUTLET WITH BROWN RICE GREEN BEANS APPLESAUCE FRESH FRUIT SALAD MILK, 2%, 8 OZ WHEAT ROLL	11 SLOPPY JOE ON WW BUN GREEN PEAS GLAZED CARROTS PEARS MILK, 2%, 8 OZ	12 GRILLED HONEY BBQ PORK LOIN CHARRO PINTO BEANS STEAMED SPINACH PEACHES MILK, 2%, 8 OZ WHEAT ROLL	13 COLD PLATE W/CHICKEN SALAD, MACARONI SALAD & BEAN SALAD HARD COOKED EGG FRESH ORANGE MILK, 2%, 8 OZ WHEAT CRACKERS
Center closed	17 PENNE W/ MEAT SAUCE SUGAR SNAP PEAS COOKED CARROTS FRESH FRUIT SALAD MILK, 2%, 8 OZ WHEAT ROLL	18 PIMIENTO CHEESE SANDWICH ON WHEAT BREAD TOMATO SOUP BANANA OATMEAL RAISIN COOKIE MILK, 2%, 8 OZ	19 MEATLOAF W/ KETCHUP MACARONI & CHEESE GREEN PEAS FRESH ORANGE WHEAT ROLL MILK, 2%, 8 OZ	20 CRISPY CHICKEN TENDERS BROWN RICE GARDEN SALAD PINEAPPLE MILK, 2%, 8 OZ WHEAT ROLL
Center closed	24 BREADED COD SQUARE SCALLOPED POTATOES STEWED TOMATOES APRICOTS MILK, 2%, 8 OZ WHEAT ROLL	25 MEAT LASAGNA STEAMED SPINACH GREEN BEANS DICED PEARS MILK, 2%, 8 OZ WHEAT ROLL	26 ROASTED TURKEY BREAST WITH GRAVY & HOMESTYLE BREAD/ SAGE DRESSING STEAMED BROCCOLI FRESH BANANA TAPIOCA PUDDING MILK, 2%, 8 OZ WHEAT ROLL	27 CRUSTED RANCH CHICKEN GREAT NORTHERN BEANS SUGAR SNAP PEAS MANDARIN ORANGES MILK, 2%, 8 OZ WHEAT ROLL
Center closed				