

September - 2019

Winchester Senior Center Menu Calendar

Meals are Subject to Change Without Notice

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
<p>2.</p> <p>Center Closed – Happy Labor Day!!!!</p>	<p>3.</p> <p>Beef or Turkey Burger Potato Salad Garden Salad Baked Apples</p>	<p>4.</p> <p>Center Closed - Training</p>	<p>5.</p> <p>Baked Pork Chops Bread Dressing Baked Sweet Potato Peas Applesauce</p>
<p>9.</p> <p>Baked Ranch Chicken Rice Pilaf Roasted Potatoes Kale Fruit</p>	<p>10.</p> <p>Beef Tips W/Gravy over Noodles Glazed Yams Lima Beans Sliced Apples</p>	<p>11.</p> <p>Ham & Cheese Pea Salad Chips Mandarin Gelatin Salad Applesauce</p>	<p>12.</p> <p>Tuna Salad on Bed of Spinach Salad Cheddar Cheese Wedges Saltines 3 Bean Salad Pineapple</p>
<p>16.</p> <p>Pulled Pork BBQ Sandwich Baked Beans Baked Sweet Potato Fries Peaches</p>	<p>17.</p> <p>Herbed Chicken Breast Bread Dressing Carrots & Peas Mixed Salad Pears</p>	<p>18.</p> <p>Italian Meatball Sub Seasoned Kale Green Beans Pineapple Vanilla Pudding (No Milk)</p>	<p>19.</p> <p>Center Closed - Fieldtrip</p>
<p>23.</p> <p>Sweet & Sour Pork Over Rice Peas Cornbread Peaches</p>	<p>24.</p> <p>Center Closed - Fieldtrip</p>	<p>25.</p> <p>Chicken Salad Garden Salad W/Saltines Northern Beans Fruit</p>	<p>26.</p> <p>Cheesy Beef Taco Casserole Pinto Beans Corn Mandarin Oranges Chocolate Pudding (No Milk)</p>
<p>30.</p> <p>Chicken Tenders Macaroni & Cheese Sautéed Peas W/Mushrooms Fruit Salad Applesauce</p>			<p>When you need to cancel a meal call 540-662-5433</p> <p>All Meals are Served with whole grain Bread and 2% Milk</p>