

September 2020 Menu

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Rotisserie Seasoned Chicken leg Quarters Red Skin Potatoes Peas & Carrots Pears Chocolate Muffin / Marg. Choice of Milk	2 Pineapple Glazed Pork Chop Roasted Baby Baker Potatoes Broccoli Cinnamon Applesauce Choice of Bread / Marg. Choice of Milk	3 Creamy Macaroni & Cheese Stewed Tomatoes Garden Blend Vegetables Fresh Orange Choice of Bread / Marg. Choice of Milk	4 Cheeseburger w/ Bun German Potato Salad Baked Beans Ambrosia Salad Cookies Choice of Milk
7 Closed for Labor Day Frozen meals available Upon request	8 Salisbury Steak Mashed Potatoes w/ Gravy Corn Fresh Apple Choice of Bread / Marg. Choice of Milk	9 Meat Lasagna Buttered Peas Beets Cherry Crisp Bread Stick / Marg. Choice of Milk	10 Breaded Chicken Patty Au Gratin Potatoes Spinach Fresh Grapes Butterscotch Pudding Choice of Bread / Marg. Choice of Milk	11 BBQ Shredded Beef Whole White Potatoes Buttered Carrots Apple Juice Dinner roll / Marg. Choice of Milk
14 Honey Mustard Grilled Chicken Breast Loaded Mashed Potato Succotash Fruit Cocktail Choice of Bread / Marg. Choice of Milk	15 Pulled Pork Country Fries Broccoli w/ Cheese Grape Juice Corn bread / Marg. Choice of Milk	16 Chicken Alfredo Tossed Salad Winter Blend Orange Juice Bread Stick / Marg. Choice of Milk	17 Philly Cheesesteak Casserole Diced Potatoes Green Beans Lemon Berry Cup Choice of bread / Marg. Choice of Milk	18 Beef Pepper Stir Fry over Rice Oriental Vegetables Baked Pineapple 100% Juice Choice of Bread / Marg. Choice of Milk
21 Italian Sausage Lima Beans Stewed Cinnamon Apples 100% Fruit Juice Dinner Roll / Marg. Choice of Milk	22 Sausage & Cheese Pizza Key Largo Vegetables Wax Beans Grape Juice Butterscotch Oatmeal Bar	23 Southwest Chicken w/ Salsa & Cheese over Rice Buttered Potatoes Calico Corn Fresh Fruit Choice of Bread Choice of Milk	24 Beef & Noodles Mashed Potatoes Mixed Vegetables Fruited jello Choice of Bread / Marg. Choice of Milk	25 Glazed Ham Loaf Whipped Sweet Potatoes Seasoned Cabbage Banana Dinner Roll / Marg. Choice of Milk
28 Baked Chicken Breast Buttered Potatoes Creamed Peas Fresh Orange Dinner Roll / Marg. Choice of Milk	29 Spaghetti w/ Meat Sauce Italian Green Beans Cauliflower Cinnamon Applesauce Choice of Bread Choice of Milk	30 Beef Stew Raisins Cake w/ Icing Orange Pineapple Juice Biscuit / Marg.	We invite you to join us for lunch at the Guernsey County Senior Center, the Byesville Site, Cambridge Heights, Cumberland, Londonderry, and Pleasant City sites. Lunch is served at 11:30—1:00. If you have any questions about our nutrition services please call Hollia Husk, Nutrition Supervisor at 740-439-5717 or toll free at 1-866-534-2349. Each meal includes a choice of white, wheat, or specified bread and a choice of 2% or Skim Milk. Ingredient content can be found on our website.	