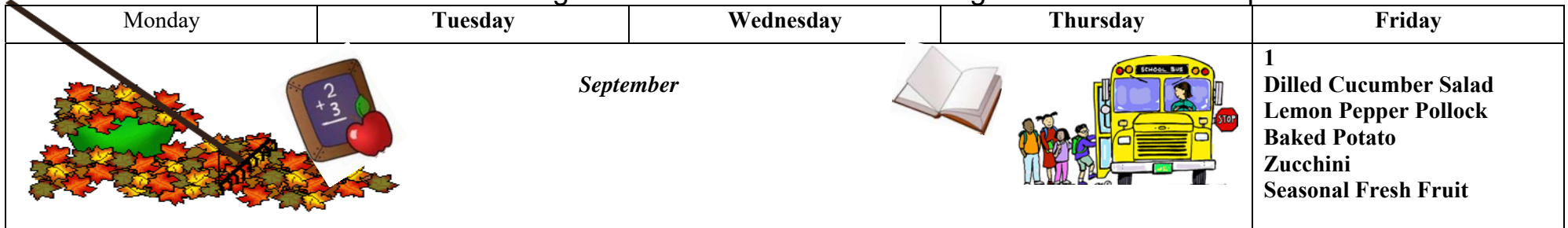







Homage Senior Services Nutrition Program Menu

September 2017

Monday	Tuesday	Wednesday	Thursday	Friday
				
		<i>September</i>		1 Dilled Cucumber Salad Lemon Pepper Pollock Baked Potato Zucchini Seasonal Fresh Fruit
4 Labor Day 	5 Clam Chowder Chicken Caesar Salad Bread Stick Seasonal Fresh Fruit	6 Coleslaw Fish & Chips with Tartar Sauce and Ketchup Seasonal Fresh Fruit	7 Turn Page Over	8 Grandparents Day Tossed green salad Meatloaf Mashed Potatoes with Gravy Dilled Carrots Fruit Crisp 
11 Sliced Tomato Salad Vegetable Quiche Roast Potato Medley Citrus Sections 	12 Tossed Green Salad Salisbury Steak with Gravy Mashed Potatoes Zucchini Apricots	13 Camp fire meal 	14 Turn Page Over	15 Coleslaw Sloppy Joe Potato Wedges Baked Beans Seasonal Fresh Fruit
18 Tossed Salad Manicotti with 3 Cheeses and Marinara Sauce Capri Vegetables Seasonal Fresh Fruit	19 Pickle Beet Salad French Dip Potato Wedges Tropical Fruit	20 Tossed Salad Dijon Chicken Orzo with Peas Broccoli Seasonal Fresh Fruit	21 Turn Page Over	22 Coleslaw Vinaigrette Sweet & Sour Chicken on Rice Stir Fry Vegetables Mandarin Oranges
25 Fiesta Salad Garden Burger Lettuce and Tomato Chips Tropical Fruit	26 Tossed Salad Spaghetti and Meatballs Garlic Bread Capri Vegetables Sherbet	27 Tossed Green Salad Baked Fish with Dill Sauce Roast Potatoes Mixed Vegetables Seasonal Fresh Fruit	28 Turn Page Over	29 Hamburger with Lettuce and Tomato Pasta Salad Baked Beans Seasonal Fresh Fruit

1% milk, roll or bread, and fortified margarine are available with all meals. All fresh produce is subject to availability. Substitutions may be made without notice. Suggested meal donation for eligible persons is \$3.00. For non-eligible persons, cost is \$6.00 per meal.



Edmonds Senior Center Lunch

September 2017 Every Thursday

11:25 – 12:30PM

Cost: The cost to pay for a lunch on Thursday will be \$4.00

Age requirement: There will be no age requirement to have a lunch on Thursday, everyone pays \$4.00.

You don't need to be a member or be over age 60 to have the lunch.

Menu: We will be coming up with some new lunch entrees. If you have ideas, please let Alma know!

Sept 7 – Chef Salad Ham, Turkey, Cheese, Egg, Croutons, Roll, Fruit, Ice Cream Bar

Sept 14 – Croissant Veggie Sandwich w/Pesto Mayo Cucumber, Spinach, Tomato, Red Onion, Provolone Cheese, Mac Salad, Fruit, Cookie

Sept 21 – Fresh Fruit, Breakfast Casserole, Mini Cinnamon Roll, Orange Juice

Sept 28 – Roasted Tomato Soup, Grilled Cheese Sandwich, Fruit, Brownie