HUMAN SERVICES ASSOCIATION "Where Caring Becomes Doing" SENIOR DINING CENTER SEPTEMBER 20					
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	2 ALL SITES CLOSED	3	4 Cream of Broccoli Soup	5	6 Northern Bean Soup
	FOR LABOR DAY!	Happy September Birthdays!	FISH VERA CRUZ	PORK LOIN	BEEF STROGANOFF
	Happy Labor day! !Feliz dia del Trabajo	CHICKEN ENCHILADA	WG Bread	w/ BLACK PEPPERCORN	WG Bread
	SHABLESTO OF THE STATE OF THE S	CASSEROLE w/ RED SAUCE	C	CALICE	Ess Mas IIs

### Tuscan Soup **TURKEY & CRANBERRY SALAD**

WG Bread (2) Garden Salad w/Vinaigrette Tricolor Coleslaw Pear

### 10

Black Beans

Orange

"Cake"

### BEEF TERIYAKI

Tomato & Cucumber Salad

**Brown Rice** Asian Vegetables Chopped Spinach Salad w/Shredded Brussels Sprouts Peach

Corn Carrot Dijon Salad Kiwi Vanilla Chocolate Swirl Pudding

11 Butternut Squash Soup

**ROAST PORK** 

w/ MUSTARD SAUCE

WG Bread

Pasta

Collard Greens

Waldorf Salad

Orange

# **SAUCE**

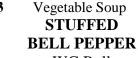
WG Bread Stuffing **Mashed Potatoes** Beet & Onion Salad Watermelon

# Egg Noodle Zucchini Medley **Chopped Spinach** & Kale Salad Tangerine 13

### 12 CHICKEN POZOLE

Corn Tortilla Shredded Cabbage w/Lime Hominy

Arroz Con Leche Fruit



WG Roll Carrots Mashed Potatoes Banana

### 16 BEEF PICADO

Flour Tortilla **Black Beans** Brown Spanish Rice Chopped Romaine Salad **Mandarin Oranges** w/Jicama

## 17 Cream of Mushroom Soup

### TUNA SALAD WG Bread Potato Salad Garden Salad w/ Red Onion Cantaloupe

### 18

### **OVEN BAKED** CHICKEN (L&T)

Cornbread Stuffing Peas & Onions Carrot & Raisin Salad Kiwi

### Corn Chowder Soup TURKEY MEATLOAF

WG Bread Mashed Potatoes Chopped Spinach & Kale **Applesauce** 

20

# **BEEF LASAGNA** WG Roll Zucchini Medley Broccoli Slaw **Tropical Fruit**

Ice Cream Choice of Entrée

### Split Pea Soup

# **BAKED ZITI (TURKEY)**

WG Pasta Sourdough Bread Corn Zucchini Medley Kiwi

### 24 ROSEMARY CHICKEN w/CREAMY GARLIC SAUCE

Couscous Pilaf Broccoli & Cauliflower Chopped Salad Apple or Applesauce Green Gelatin

### Tomato Soup MEATLOAF w/GRAVY

WG Bread Mashed Potatoes Mediterranean Salad Fruit Cocktail w/Coconut Garnish

### 26

# BBO CHICKEN (L&T)

WG Dinner Roll Carrots **Baked Beans** Orange

### **GARLIC BUTTER FISH** ORSWEET & SOUR PORK

Biscuit / Brown Rice Spinach

> Coleslaw Banana

### **30** Cream of Mushroom Soup CHICKEN CURRY

**Brown Rice** Mixed Vegetables Chopped Asian Salad w/Romaine & **Green Onions** Cantaloupe





**VOLUNTARY** CONTRIBUTION FOR SENIORS 60 YRS & OLDER \$3.00 FEE FOR **NON-SENIORS \$7.00** 

