

Salina Senior Center Lunch Menu

September 2010

Lunches served on weekdays from 11:15 a.m. to 1 p.m. * All ages welcome

For information or Carry-Out Meals, call the Senior Center at 827-9818



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Spaghetti & Meatballs Italian Blend Veggies Peach Pie Garlic Bread	2 Chicken Strips Mashed Potatoes w/Gravy Corn Cookie Wheat Bread	3 Labor Day Hog Roast Roasted Hog Baked Beans Coleslaw Brookville Style Root Beer Floats Bun
6 CLOSED IN OBSERVANCE OF LABOR DAY	7 Beer Brats w/Au gratin Pot. or Baked Potato Bar Beets Magic Cookie Bars or Sugar Free Cheesecake Bun/Wheat Bread	8 Swiss Steak w/ Tomato Gravy Mashed Potatoes Brussel Sprouts Vanilla Pudding Wheat Bread	9 Roasted Turkey Stuffing w/ Gravy Scandinavian Blend Veggies Cookie Applesauce Wheat Bread	10 Ham and Beans or Bierock Winter Blend Vegetables Fruit Cocktail Cornbread/Bun
13 BBQ Pork Sandwich Roasted Ranch Potatoes Carrots Chocolate Cream Pie Bun	14 Chicken Fried Steak or Sandwich Bar Mashed Potatoes w/ Gravy Corn Apple Pie Wheat Bread/Hoagie	15 Birthday Party Lasagna Italian Blend Vegetables Fruit Cocktail Sunshine Cake Breadstick	16 Baked Ham Sweet Potatoes Green Beans Bread Pudding Cornbread	17 Salisbury Steak or Liver and Onions Mashed Potatoes w/ Gravy Peas & Carrots Mandarin Oranges Wheat Bread
20 Baked Chicken Roasted Red Potatoes Corn Fresh Fruit Wheat Bread	21 Roast Beef w/ Mashed Potatoes & Gravy or Baked Potato Bar Succatash Apple Pie Wheat Bread	22 Red Hat Ladies Baked Steak Baked Potato Green Beans Cookie Wheat Bread	23 Meatloaf Scalloped Potatoes Cheesy Broccoli Fresh Fruit Salad Wheat Bread	24 Tator-Tot- Casserole or Reuben Sandwich w/ Chips Peas & Carrots Peach Crisp Wheat Bread
27 Crystal Creek Band Bacon Cheeseburger Baked Beans Winter Blend Veggies Fresh Fruit Bun	28 Polish Sausage w/Kraut or Sandwich Bar Chips Broccoli Applesauce Bun/Hoagie	29 Smothered Hamburger Steak Mashed Potatoes Mixed Veggies Cheesecake Wheat Bread	30 Philly Cheese Sandwich Au gratin Potatoes Peas Butterscotch Pudding Bun	