

Senior Coastsiders Lunch Menu

September 2010

Senior Dining is for those 60 years and over. Lunch is served at 11:45.
\$4.00 is the suggested donation.

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Meatloaf Mashed Potatoes Creamed Corn Green Salad w/ Green Pepper Chocolate Pudding	2 Grilled Chicken w/ Teriyaki Sauce Brown Rice Spinach Green Salad Fresh Orange	3 BBQ Beef Brisket Cole Slaw Baked Beans Biscuit Fruit Cocktail
6 Closed For Labor Day	7 Beef Tips in Gravy Mashed Potatoes Glazed Carrots Biscuit Spinach Salad w/ Garbanzo Beans Fresh Orange	8 Chicken Crepes w/ Mushrooms Broccoli & Cauliflower Rice Pilaf Green Salad w/ Green Pepper	9 Catfish (Swai) w/ Tartar Sauce Corn Pudding Green Beans w/ Tomatoes Green Salad	10 Oven Fried Chicken Mashed Potatoes Spinach Whole Wheat Bread
13 Pasta w/ Seafood Sauce French Bread Green Salad Fresh Orange	14 Chicken and Noodle Casserole Peas & Carrots Green Salad w/ Green and Red Pepper Sliced Peaches	15 Grilled Turkey Cheeseburger Whole Wheat Bun Potato Salad Pineapple Cole Slaw Fresh Orange	16 <i>Birthday Lunch</i> Yankee Pot Roast Mashed Potatoes Mixed Vegetables Green Salad w/ Tomatoes and Cucumbers	17 Green Chili & Pork Stew Brown Rice Cornbread Cole Slaw Orange
20 Cabbage Roll Boiled Potatoes Carrots Green Salad Whole Wheat Bread	21 Spaghetti & Meatballs Broccoli Green Salad Whole Wheat Bread Orange Segments	22 Orange Juice Beef Stew w/ Carrots, Potatoes & Green Peas Biscuit Spinach Salad	23 Salmon Burger on a Bun Cole Slaw Potato Salad Fresh Orange	24 Lasagna w/ Meat Sauce Green Salad w/ Green Pepper Whole Wheat Bread Sliced Peaches
27 All Beef Frank on a Bun Baked Beans Cole Slaw Pineapple Chunks	28 Salisbury Steak Mashed Potatoes Broccoli Green Salad w/Pickled Beets Peach Slices	29 Roast Pork Loin Sweet Potatoes Mixed Vegetables Green Salad Pineapple	30 Ground Turkey Tostada w/ Shredded lettuce & Salsa Pinto Beans & Rice Fresh Orange	

This menu is subject to change without notice. In the event of a menu substitution, an item of equal nutritional value will be served.
Milk is served with every meal.