



## September 2017— Meals Calendar

Please call 24 hours in advance to reserve or cancel lunch—Suggested Donation \$3

Monday	Tuesday	Wednesday	Thursday	Friday
				1  No regular Friday Lunch
4  Center Closed	5  open faced hot ham-burger sandwich with gravy, roasted red potatoes, yellow squash, zucchini & tomato medley, ambrosia	6  chicken & vegetable stir fry, rice, wheat roll, boston cream pie	7  chicken & vegetable stir fry, rice, wheat roll, boston cream pie	8  No regular Friday Lunch
11  Coffee Hour  Topic: Essential Oils	12  <b>Carpool &amp; Trip Lunch</b>  bbq chicken hot baked beans, hot vegetable medley marble rye bread, cherry pie	13  vegetarian lasagna, tossed salad, roll, coconut cream pi	14  broccoli cheddar soup, caesar salad with grilled chicken & croutons, chocolate chip cookie	15  No regular Friday Lunch
18  Coffee Hour  Topic: Falls Prevention	19  tomato topped meatloaf, sour cream & chive mashed potatoes, honey dill carrots, pumpkin bread, butterscotch pudding	20  boneless chicken breasts topped with gravy, stuffing on side, roasted red potatoes, garden salad, tropical fruit	21  salisbury steak with mushroom gravy, spinach, baked potato with sour cream, marble rye bread, fruit filled cookie	22  No regular Friday Lunch
25  Coffee Hour & TED Talk  Topic: The Sharing Economy	26  soft burrito beef and/or beans filling with shredded cheese & lettuce, mild salsa, sour cream on the side, plain potato chips, fruit muffin	27  beef stew with vegetables, garden salad, biscuit, chocolate pudding	28  hot turkey sandwich with gravy, garlic mashed potatoes, spinach, cranberry sauce, pears with cinnamon	29  No regular Friday Lunch