



Shenendehowa Adult Community Center September, 2010



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Meals served at noon. Monday-Friday. Reservations required by noon the day before call 383-1343.</p> <p>Suggested contribution \$2 per meal, if paying by check, please make check payable to Prestige Services, Inc. Diabetics will receive substitutions, no substitutes for food allergies.</p> <p>No one will be denied a meal if they are unable to make a contribution.</p> <p>Menu subject to change.</p>		<p>1 Pasta with Meatballs & Marinara Sauce Parmesan Cheese Capri Blend Vegetables Italian Bread Fresh Apple</p>	<p>2 Open Faced Turkey Sandwich with Gravy Potato Wedges 4 Way Mixed Vegetables Wheat Bread Cookie</p>	<p>3 LABOR DAY SPECIAL BBQ Beef on Wheat Roll Spinach Au Gratin Potatoes Citrus Fruit Cup</p>
<p>6 CLOSED FOR LABOR DAY</p>	<p>7 Chicken Dijon Sweet Potatoes Green Peas Dinner roll Tropical Fruit</p>	<p>8 Tuna and Macaroni Salad Cold Plate Whole Wheat Sandwich roll Marinated Cucumbers Sweet & Sour Cabbage Apple Sauce</p>	<p>9 Beef Tips with Gravy Buttered Noodles Italian Green Beans Rye Bread Cherry Gelatin with Topping</p>	<p>10 Mrs. Friday's Fish with Tartar Sauce O'Brien Potatoes Scandinavian Blend Vegetables Wheat Bread Yogurt</p>
<p>13 Chicken Cacciatore Garlic & Red Pepper Penne Yellow Squash & Zucchini Italian Bread Fruit Cocktail</p>	<p>14 Stuffed Shells with Marinara Sauce Broccoli Carrots Italian Bread Fruited Gelatin</p>	<p>15 Beef Pot Pie Green Beans Warm Spiced Peaches</p>	<p>16 Caesar Salad with Chicken & Caesar Dressing & Croutons Pickled Beets Dinner Roll Fresh Melon</p>	<p>17 Pulled BBQ Pork on Wheat Bun Green Peas Roman Style Vegetables Apricot Halves</p>
<p>20 Salisbury Steak with Jardinières Gravy Mashed Potatoes Brussels Sprouts Rye Bread Mandarin Oranges</p>	<p>21 Oven Fried Chicken Confetti Rice Wax Beans Wheat Bread</p>	<p>22 Macaroni & Cheese Stewed Tomatoes Cornbread Warm Apples & Raisins</p>	<p>23 Stuffed Pepper Mexican Corn Garlic Bread Banana</p>	<p>24 Chef Salad: Ham, Cheese, Egg, Tomato, and Dressing Hearty Dinner Roll Frozen Strawberries</p>
<p>27 Jumbo Hot Dog with Roll and Mustard Baked Beans Sauerkraut Pears</p>	<p>28 BBQ Chicken (bone-in) German Potato Salad Cole Slaw Wheat Bread Apple Crisp</p>	<p>29 Roast Beef & Gravy Mashed Potatoes Cauliflower Rye Bread Yogurt</p>	<p>30 Ham Steak Scalloped Potatoes French Style Green Beans Rye Bread Pineapple</p>	