








| Mon | Tue | Wed | Thu | Fri |
|--|---|--|---|--|
|  <h2>Happy Fall!</h2>  | | | 1 Lemon Pepper Baked Cod Potatoes Au Gratin Pineapple Upside Down Cake | 2  |
| 5 WE WILL BE CLOSED ON LABOR DAY  | 6 Beef & Rice Burrito Salsa, Guacamole Sour Cream Cucumber Tomato Salad Sautéed Cinnamon Apples | 7 Pork Tenderloin Bake Spinach Butternut Squash Grapes Oatmeal Cookies | 8 Vegetable Lasagna Green Beans Sautéed Cinnamon Apples | 9  |
| 12 Chefs Salad w/Turkey Cheese & Egg Beans & Peas Breadsticks Peaches | 13 Salisbury Steak w/Gravy Mashed Potatoes Sautéed Spinach Fig Newton | 14 Chicken Fajita w/ Bell Peppers & Zucchini Rice Salsa, Guacamole, Sour Cream | 15 Grilled Chicken Salad Strawberries Walnuts Hard Boiled Egg Wheat Roll | 16  |
| 19 Swiss Cheese Burger Lettuce & Tomatoes Sweet Potato Fries Mixed Berries | 20 Pasta Salad Bacon and Veggies Hard Boiled Egg Mandarin Oranges Lemon Bar | 21 Sweet & Sour Pork Vegetables Rice Fortune Cookie Ice Cream | 22 Macaroni & Cheese Brussel Sprouts Wheat Roll Strawberries <i>1st Day of Fall</i> | 23 No Friday Meals |
| 26 Beef & Pepper Steak Brussel Sprouts Pound Cake w/ Strawberries Whipped Cream | 27 Honey Dijon Chicken Potatoes & Gravy Beets Peaches | 28 Pork Soft Tacos Mexicali Veggies Rice Salsa & Sour Cream Banana | 29 Omelet Sausage Patty Hashbrowns Honey Dew Melon Apple Juice | 30  |

Catholic Community Services Senior Nutrition Program