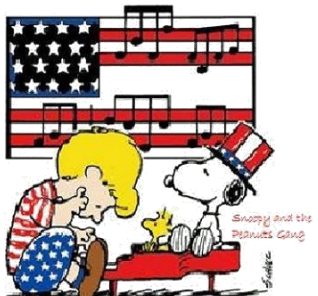


SEPTEMBER 2026

CCS Senior Nutrition Program

Pt. Defiance-Ruston Senior Center

Mon	Tue	Wed	Thu	Fri
	1 Sesame Noodles W/ Chicken Fortune Cookie Orange	2 Spaghetti W Beef Green Beans Garlic Bread Pears	3 Oven Fried Chicken Normandy Blend Roasted Potatoes Wheat Rolls Orange	4 Lemon Tarragon Tuna Salad on Bun Potato Chips Fresh Fruit Cookie
	8 BBQ Pork Baked Potato Broccoli W/ Parmesan Cheese Applesauce	9 Chicken Salad Sandwich Strawberry Spinach Salad Mixed Berries Whip Cream	10 Vegetarian Lasagna Green Beans Sautéed Cinnamon Apples	11 Italian Wrap Pasta Salad Fresh Fruit Pudding Cup
14 Turkey A La King W/ Biscuit Waldorf Salad Animal Crackers	15 Taco Macaroni Skillet Summer Squash Mandarin Oranges	16 Lime Fish Zucchini Linguine Strawberry Rhubarb Compote	17 Chicken Fajita W/ Bell Peppers & Zucchini Rice Salsa, Sour Cream Tropical Fruit	18 Turkey & Swiss on Wheat Potato Chips Fresh Fruit Cookie
21 Honey Dijon Chicken Potatoes Beets Peaches	22 Sweet & Sour Pork Vegetables Rice Fortune Cookie Ice Cream	23 Beef & Pepper Steak Brussel Sprouts Pound Cake W Strawberries Whip Cream	24 Pasta Salad w/Peas Carrots ,Bacon Crumbles Hard Boiled Egg Mandarin Oranges Pudding	25 Ham & Cheddar Sandwich Macaroni Salad Fresh Fruit Brownie
28 Chefs Salad W/ Turkey & Ham , Cheese & Egg Breadsticks Melon	29 Chicken Thigh W/ Buttered Noodles Three Bean Salad Corn Peaches	30 Beef Shepard's Pie Lettuce, Tomato Carrot Salad Fig Newton		FTJ Friday Lunches Provided by Franke Tobey Jones. Please place order by the Monday prior to the Friday you want lunch. 

This Menu is subject to change

Consuming Mishandled Leftover Food May Increase Your Risk of Food Borne Illness.