

# September '21

PEACE, INC. - FSD		SENIOR NUTRITION		OFFICE FOR AGING & YOUTH
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1	2	3
		Meatball Sub on a Whole Wheat Sub Roll Italian Green Beans Pineapple Tidbits	Haddock Sandwich on Whole Wheat Bun Vegetable Pasta Salad Fruited Jell-O with Whipped Topping	Agency Closed
6	7	8	9	10
Labor Day Agency Closed	Polynesian Pork with Seasoned Brown Rice Peas with Sautéed Mushrooms Fresh Baked Peanut Butter Cookie	Sliced Turkey and Spinach on Whole Wheat Kaiser Served with Roasted Red Pepper Spread Potato Medley California Blend Vegetables Tapioca Pudding	Meat Sauce Marinara Over Bowtie Pasta Romaine Salad with Mandarin Oranges served with Poppyseed Dressing Fresh Baked Lemon Cookie	Tuna Salad with Chopped Egg Served on Kaiser with Shredded Lettuce Cream of Cheddar Potato Soup Fresh Watermelon
13	14	15	16	17
Sweet Italian Sausage Sandwich with Peppers and Onions Italian Blended Vegetables Mandarin Oranges	Barbeque Grilled Chicken Breast Baked Beans Capri Blend Vegetable Tropical Fruit Salad	Beef and Bean Taco Salad with Lettuce, Tomatoes, Black Olives, Chips Lemon Meringue Pie	Garden Vegetable Lasagna Fresh Spinach Salad with Raspberry Vinaigrette Fresh Sliced Honeydew Melon Fresh Baked Whole Wheat Roll	Bread with 1,000 Islands Dressing Marinated Beets Fresh Fruit
20	21	22	23	24
Breaded Chicken Breast Filet Served on a Whole Wheat Bun Topped with Sliced Tomatoes and Lettuce Home-style Potato Salad 4 Way Mixed Vegetables Fresh Melon	Sloppy Joe on Whole Wheat Bun Peas and Carrots Seasoned Potato Cubes Applesauce	Ham Served on Whole Wheat Kaiser Topped with Spinach, and Pineapple Mayo Greek Vegetable and Pasta Salad Fresh Orange	Mushroom Swiss Burger Seasoned Potato Cubes Coleslaw with Raisins Fresh Apple	Grilled Chicken and Field Green Salad Classic Minestrone Soup Rainbow Sherbet
27	28	29	30	
Barbeque Seared Pork Macaroni Salad Capri Blend Vegetables Diced Peaches	Sandwich on a Whole Wheat Kaiser Dressing Spring Vegetable Soup Fruit and Yogurt Parfait	Home Made Old Fashioned Meatloaf w/ Mushroom Gravy Garlic Red Skin Smashed Potatoes Steamed Broccoli Florets Fruit Cocktail Cup	Tropical Fruit Glazed Ham Yukon Gold Potatoes with Sliced Onions Oregon Blend Vegetables Fresh Cantaloupe Fresh Baked Whole Wheat Roll	

All Meals include: Coffee, Tea, Milk  
Bread, and Margarine

Menus meet 1/3 of RDA  
Menu is Subject to Change

Guest Meals  
\$7.00

Suggested Contribution:  
\$3.50