

Lunch Calendar

**September
2019**

<i>MONDAY</i>	<i>TUESDAY</i>	<i>WEDNESDAY</i>	<i>THURSDAY</i>
2) CLOSED LABOR DAY	3) Chicken Stir Fry Oriental Vegetables Brown Rice Mixed Greens Mandarin Oranges	4) Pork Barbeque Sandwich Black Eyed Peas Coleslaw Baked Cheese Grits Fruit Brownie	5) Chicken Divan Broccoli Brown Rice Beet and Carrot Casserole Fruit
9) Pepper Steak with Gravy Peas Broccoli Au Gratin Blueberry Muffin	10) Pinto Beans with Ham Mixed Greens Sweet Potatoes Corn Bread Fruit	11) Chicken and Rice Casserole Carrots Zucchini with Tomatoes Fruit	12) Tuna Salad Flat Bread Three Bean Salad Tossed Salad Oatmeal Cookie Fruit
16) Roasted Chicken Sage Dressing Navy Beans Sweet Potatoes Fruit	17) Garlic Herb Pork Loin Stewed Tomatoes Turnip Greens Fruit	18) Lasagna Mixed Green Salad Brussels Sprouts Fruit	19) Hamburger on a Bun Lettuce, Tomato, Onion Scalloped Potatoes Baked Beans Fresh Berries Banana Muffin
23) WAYNESBORO SENIOR CENTER Potato Crunch Pollack Rice Pilaf Pinto Beans Collard Greens Peach Slices	24) WAYNESBORO SENIOR CENTER Pork Cutlet Sage Dressing Butter Beans Coleslaw Fruit	25) WAYNESBORO SENIOR CENTER Chicken Salad Sliced Tomato and Lettuce Potato Salad Pickle Orange	26) WAYNESBORO SENIOR CENTER Spaghetti Marinara Broccoli Tossed Salad Fruit
30) WAYNESBORO SENIOR CENTER Sliced Ham Baked Sweet Potatoes Broccoli Fresh Fruit Oatmeal Cookie			

**Your voluntary,
confidential
contribution to
cover a portion
of the cost of
your meal is
truly
appreciated.**

**Unwind at SSC as
we spend these
last weeks at our
current location.**

**Learn how creating
your own fun can lead
to a more optimistic
outlook on life with
Lori's 'Living the
Optimistic Life' class
on Thursday,
September 5
at 12:30pm.**

**Relax with a non-
alcoholic beverage and
get your creative
juices flowing with
'Mocktails & Design'
with Kim on Tuesday,
September 17
at 10:30am.**

*In order to provide a balanced meal, our menu features milk each day, and often a bread selection.