



Lunch Calendar

September
2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
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) Potato Crunch Pollack Rice Pilaf Pinto Beans Collard Greens Peach Slices	24) Pork Cutlet Sage Dressing Butter Beans Coleslaw Fruit	25) Chicken Salad Sliced Tomato and Lettuce Potato Salad Pickle Orange	26) Spaghetti Marinara Broccoli Tossed Salad Fruit
30) 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.



Staunton
Senior Center
Members!

So glad to have you
joining us until your
new home is ready!

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



Waynesboro Senior Center
Stay Active. Live Well.

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