


**Note: Phone Number
480-4337**

**SENIOR LUNCH PROGRAM
SEPTEMBER 2019
Served at 11:30 am**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2  LABOR DAY	3	4 Soft Beef Tacos Refried Beans *Carrot Coins +Orange Slices	5 Green Chili Egg Puff +Coleslaw with Red Peppers *CA Blend Mixed Vegetables Tortilla Seasonal Fresh Fruit	6
9 Chili Beans *CA Mixed Vegetables Romaine Salad +Cantaloupe Slices Cornbread with Margarine	10	11 Chicken Strips Corn Green Peas +Orange Slices	12 Beef Stew *Spinach Salad with Kidney Beans +Mandarin Oranges Whole Wheat Roll with Margarine	13
16 Italian Sausage Bake Romaine Salad +Brussels Sprouts *Cantaloupe Garlic Bread	17	18 Beef Macaroni Casserole Green Beans *CA Mixed Vegetables +Orange Slices	19 Crustless Vegetable Quiche Red Potato Wedges *Carrot Coins +Honeydew	20
23 Chicken Fajitas with Onions and Bell Peppers Corn Brown Rice +Orange Slices Flour Tortillas	24	25 Roast Pork *Sweet Potatoes CA Mixed Vegetables +Honeydew Whole Wheat Bread with Margarine	26 BBQ Chicken Red Potatoes Tossed Green Salad with Dressing +Orange Slices	27
30 Meatloaf +Mashed Potatoes with Gravy *Pease and Carrots Pineapple Chunks Whole Wheat Roll with Margarine				NOTE: * =Meal >1000 Mg sodium + =good source of Vitamin C * =good source of Vitamin A 1% milk offered at all meals Meals Subject to change

FOR RESERVATIONS Call 1-day in advance: Modesto Senior Center 480-4337