OGDEN SENIOR CENTER
NUTRITIONAL MENU
September-17

MONDAY	WEDNESDAY	FRIDAY
All meals served with milk, bread, & margarine. Soup served w/crackers.		**1** Macaroni & Cheese Stewed Tomatoes Green Beans Wheat Bread Mandarin Oranges
4 ***LABOR DAY*** ***ABVI CLOSED*** ***NO MEALS SERVED***	**6** Ind. Meat Loaf w/Vegetable Gravy Scalloped Potatoes Broccoli Pumpernickel Bread Fruit Cocktail	**8** Tuscan Chicken & Beans over Brown Rice Tossed Lettuce Salad w/Fr. Dressing Crusty Roll Fresh Orange
11 Salisbury Steak w/Mushroom Sauce Red-Jacketed Potatoes Beets Wheat Bread Mandarin Oranges	**13** Turkey Burger on Bun w/Lettuce, Tomato, & Mayo Split Pea Soup Carrots Honeydew	**15** ***OKTOBERFEST*** Knockwurst on Bun w/ Mustard Potato Salad Three-Bean Salad Apple Juice Snickerdoodle Cookie
18 Chicken Stuffed w/Broccoli/Cheese Mashed Potatoes w/Gravy Spanish Style Lima Beans Rye Bread Applesauce	**20** Sweet & Sour Pork over Brown Rice Oriental Blend Vegetables Wax Beans 12-Grain Bread Petite Banana	**22** ***FIRST DAY OF FALL*** Chili-Topped Baked Potato w/Cheese & Sour Cream Tossed Lettuce Salad w/lt. Dressing Wheat Bread Peaches
25 Italian Sausage w/Onions & Peppers on Bun Beef Barley/Vegetable Soup Peas Pineapple	**27** Breaded Haddock w/Tartar Sauce Coleslaw w/o Pineapple Beets Wheat Bread Fresh Apple ****30 Cupcakes****	**29** Stuffed Cabbage w/Sauce Mashed Potatoes Carrots Marble Rye Bread Pears

Monroe County Dept of HS/Office for the Aging

No person shall be denied benefits or subjected to discrimination under any program or activity receiving Federal Assistance on grounds of race, color, sex, religion, national origin, disability, or marital status. This program is funded by participants' contributions U.S. Administrion of Aging, N.Y. State Office for the Aging, N.Y. State Dept. of Health, and Monroe County Dept. of HS/Office for the Aging.