


OGDEN SENIOR CENTER NUTRITIONAL MENU September-18

<p>MONDAY 3</p> <p style="text-align: center;">ABVI CLOSED</p> <p style="text-align: center;">NO MEALS SERVED</p>	<p>WEDNESDAY 5</p> <p>Pub Burger on Bun w/Lettuce, Tomato, Onion, & Condiments Vegetable Soup Nectarine</p>	<p>FRIDAY 3</p> <p>Beef Pepper Steak served over Brown Rice Tossed Salad w/Ranch Dressing Carrots Dinner Roll Pears</p>
<p style="text-align: right;">10</p> <p>Veggie Meatballs Pasta & Sauce Tossed Salad w/Italian Dressing Wax Beans Italian Bread Mandarin Oranges</p>	<p style="text-align: right;">12</p> <p>Chicken Breast on Bun w/Lettuce, Tomato, & Mayo Split Pea Soup Broccoli Pasta Salad Fruit Cocktail</p>	<p style="text-align: right;">14</p> <p>Tuscan Style Tuna served over Tossed Lettuce Salad Beef Vegetable Soup Dinner Roll Pineapple</p>
<p style="text-align: right;">17</p> <p>Chicken Stuffed w/Broccoli & Cheese Fresh Mashed Potatoes w/Gravy Spanish Style Lima Beans Rye Bread Applesauce</p>	<p style="text-align: right;">19</p> <p>Swiss Steak served over Brown Rice Corn, Spinach Dinner Roll Fresh Peach</p>	<p style="text-align: right;">21</p> <p>First Day of Fall</p> <p>Broccoli & Cheese Topped Baked Potato Black Bean & Lentil Chili Wheat Bread Pears</p>
<p style="text-align: right;">24</p> <p>Hungarian Goulash over Rice Cauliflower Wax Beans Pumpnickel Bread Fruit Cocktail</p>	<p style="text-align: right;">26</p> <p>Tuna Pasta Salad Lettuce Leaf & Tomato Slice Southwest Chicken Soup Wheat Bread Fresh Apple</p> <p style="text-align: center;"><i>32 cupcakes</i></p>	<p style="text-align: right;">28</p> <p>Pork in Red Chili Sauce served over Brown Rice w/Lettuce, Tomato, Sour Cream, & Tortilla Peas Pineapple</p>
<p><i>All meals served with milk, bread, and butter.</i></p> <p><i>Soup served with crackers.</i></p>		

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. Administration 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.