


PENDER ADULT SERVICES MENU - SEPTEMBER 2017

Monday	Tuesday	Wednesday	Thursday	Friday
Reviewed By: <i>Kathleen Sedoma, RD, LDN</i>	Meat - at least 2 oz Casserole - 6 oz Veg/Fruit - 1/2 c Juice - 6 oz Season with marg or veg oil Bread - 1 éach			1 Deli Sandwich Tossed Veg. Salad/Dsg Mandarin Oranges Crackers Cookie 2 % Milk
CLOSED FOR 4  Labor Day	5 Popcorn Shrimp Cheese Grits California Mixed Veg Sliced Peaches Biscuit/Margarine 2 % Milk	6 Roast Pork Lima Beans Corn Cinnamon Applesauce Wheat/White Roll 2% Milk	7 Hamburger/Lettuce/Tom Sweet Potato Tots Coleslaw Fruit Cobbler Bun (for cheese burger) 2 % Milk	8 Chef Salad w/ Chicken Strips Pasta Salad Banana Crackers Nutri Grain Bar 2% Milk
11 Mango Glazed Chicken Fried Rice Stir Fried Vegetables Mandarin Oranges Egg Rolls 2% Mik	12 Baked Ham Bu. Penne Pasta Summer Squash/Onions Tropical Fruit Mix Wheat/White Roll 2 % Milk	13 Baked Turkey Macaroni & Cheese Collard Greens Fruit Salad Garlic Cheese Biscuit 2 % Milk	14 Meatloaf/ Gravy Mashed Potatoes Catalina Blend Veg Pears Wheat/White Roll 2 % Milk	15 Pimento Cheese Sandwich Tomato Cucumber Salad Potato Salad Strawberry Applesauce Bun 2% Milk
18 Lasagna Tossed Salad/Dressing Mandarin Oranges Garlic Knot 2 % Milk	19 Breaded Chicken Filet Rice Pilaf California Mixed Veg Pineapple Tidbits Biscuit/Margarine 2 % Milk	20 Baked Fish Redskin Wedge Potato Sicilian Blend Veg Peaches Hushpuppies/Margarine 2 % Milk	21 Hot Dog Baked Beans Coleslaw Seasonal Fruit/Cookie Hot Dog Bun 2 % Milk	22 Sliced Turkey Breast/Swiss Cheese over Salad Greens Pasta Salad Orange Juice Croissant 2 % Milk
25 Pork BBQ Potato Salad Steamed Cabbage Pears Biscuit/Margarine 2% Milk	26 Country Fried Steak Mashed Potatoes/Gravy Spinach Fruit Cocktail Cornbread 2% Milk	27 Chicken Alfredo Penne Pasta Catalina Blend Veg. Mixed Fruit Garlic Cheese Biscuit 2% Milk	28 Smoked Sausage Corn Pudding Broccoli Pears Hushpuppies/Margarine 2% Milk	29 Southwest Salad with Grilled Chicken/Dressing Peaches Vanilla Pudding Corn Chips 2 % Milk