







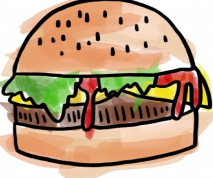
September 2019 —Area Senior Center

Meals are served from 11:30A.M-12:30 P.M. Phone (417) 451-0981

Everyone is welcome to dine with us.

Meals are provided to persons 60 years of age & older and their spouses, at the suggested

donation of \$3.50 each. UNDER 60 years is \$7.00.

SUN	MON	TUE	WED	THU	FRI	SAT
<p><u>**Substitutions may be made with some meals</u></p> <p><i>**All meals served with coffee/tea/milk</i></p>	<p>2 CLOSED</p> 	<p>3 Hamburger Steak w/ onions & brown gravy Buttered Carrots Mashed Potatoes Wheat roll Strawberries</p>	<p>4 Chicken Alfredo Strawberry & Spinach Salad Green beans Garlic Roll Apple</p>	<p>5 Ham & Cheese Sandwich/lettuce/ tomato/cheese Pasta Salad Frito Chips Watermelon</p>	<p>6 Chicken Strips Scalloped Potatoes Antiqua Vegetables Wheat Roll Bananas</p> 	
<p>8</p> 	<p>9 Chicken Fried Steak w/gravy Mashed Potatoes Mixed Vegetables Wheat Rolls Peaches</p>	<p>10 Teriyaki Chicken Asian Rice Oriental Vegetables Egg Roll Fruit</p>	<p>11 Taco Salad, meat/bean/cheese/lettuce & tomato Pineapple Tostito Chips Ice Cream</p>	<p>12 Turkey & Cheese Sandwich Cottage Cheese Potato Salad Mixed Fruit Chocolate Chip Cookie</p>	<p>13 Stuffed Peppers Scalloped Potatoes Buttered Peas Wheat roll Pineapple</p>	<p>14 <u>Sale at the Senior Center at 8:00am</u> <i>all donations go to our meals on wheels program</i></p>
<p>15</p>	<p>16 Goulash Buttered Corn Green Beans Wheat Roll Rosy Applesauce</p>	<p>17 Sloppy Joe on Bun Potato Salad Coleslaw Peaches Ice Cream Bar</p>	<p>18 Sausage Patties Oven Hash Browns Orange Juice Biscuit & Gravy Cantaloupe</p>	<p>19 <small>BIRTHDAY/ANNIVERSARY</small> Oven Fried Chicken Mashed Potatoes w/ Gravy Buttered Peas & Carrots Wheat roll Birthday Cake w/ strawberries</p>	<p>20 <u>Cook's Choice</u> Pot Pie Mashed potatoes Corn Crisp</p> 	<p>21</p> 
<p>22</p>  <p><small>illustrations of.com #94365</small></p>	<p>23 Baked Chicken Hominy Carrots Wheat Roll Sliced Pears</p>	<p>24 Spaghetti w/meat sauce Dark Green Leafy Salad Harvard Beets Whole wheat roll Peach Crisp</p>	<p>25 Ham & Beans Spinach Oven Hash Browns Cornbread Applesauce</p>	<p>26 Chicken or Fish Sandwich Macaroni & Tomatoes Corn Wheat Bun Strawberries & Bananas</p>	<p>27 BBQ Pork On Bun Potato Salad Cottage Cheese Tomato Juice Fresh Grapes</p>	<p>28</p>
<p>29</p> 	<p>30 Cheeseburger w/ lettuce/tomato/onion on Bun Baked Beans Roasted pasta & Vegetables Banana</p>	<p>1 Chicken & Dumplings Mashed Potatoes Buttered Peas & Carrots Wheat Roll Fruit Salad</p>	<p>2 Swiss Steak <u>or</u> Liver w/onions Steamed rice Broccoli Wheat Roll Tropical Fruit</p>	<p>3 Pork Roast California Blend Vegetables Au gratin Potatoes Cantaloupe Wheat roll</p>	<p>4 Sliced Ham & Cabbage Green Beans Juice Cornbread Sliced peaches</p>	<p>5</p> 