



# City Fare Menu September 2019







Monday

Tuesday

Wednesday

Thursday

Friday

<p>9/2</p> <p><b><u>CENTER CLOSED</u></b></p> 	<p>9/3</p> <p>Grilled Chicken Breast on Mixed Salad w. Cucumber, Tomato &amp; Onion Beef Barley Mushroom Soup Blueberry Muffin Diced Peaches Yogurt Crackers</p>	<p>9/4</p> <p>Stuffed Pepper Marinara Sauce Mashed Potatoes Green Beans White Wheat Bread Fresh Plum or Apple</p>	<p>9/5</p> <p>Crab Cake on Brioche Bun Stewed Tomatoes Corn Fruit Cocktail Tartar Sauce</p>	<p>9/6</p> <p>Herb Baked Chicken Mashed Potatoes Brussels Sprouts Sliced Banana in Orange Juice Strawberry Waffle Cookie</p>
<p>9/9</p> <p>Hamburger w. Cheddar on Hamburger Bun Lettuce, Tomato &amp; Onion Sweet Potato Wedges Fresh Plum or Orange Ketchup</p>	<p>9/10</p> <p>Flounder with Lemon &amp; Parsley Sauce Macaroni &amp; Cheese Stewed Tomatoes Fruit Cocktail Chocolate Chip Muffin</p>	<p><b>**9/11**</b></p> <p>Chicken Cordon Bleu Mashed Potatoes with Gravy Broccoli Cuts Cherry Graham Tart with Whipped Cream</p> 	<p>9/12</p> <p>Turkey &amp; Mozzarella on Ciabatta Bread with Balsamic Dressing, Lettuce &amp; Tomato Potato Soup w. Bacon Chocolate Fudge Pudding Crackers</p>	<p>9/13</p> <p>Pot Roast in Au Jus Roasted Baby Bakers California Blend Veggies Split Top Dinner Roll Strawberry Banana-Yogurt Sundae</p>
<p>9/16</p> <p>Cheese Ravioli in Meat Sauce Mixed Salad with Tomato &amp; Onion Apple Crisp</p>	<p>9/17</p> <p>Ham &amp; Swiss on Club Roll with Lettuce, Tomato &amp; Onion Coleslaw Pineapple Tidbits Mustard</p>	<p>9/18</p> <p>BBQ Chicken Red Skin Potato Salad w. Egg Baked Beans Diced Peaches Strawberry Waffle Cookie</p>	<p>9/19</p> <p>Battered Pollock Filet Broccoli Spears Diced Potatoes with Peppers &amp; Onion Cantaloupe or Orange Blueberry Muffin Tartar Sauce</p>	<p>9/20</p> <p>Turkey with Gravy Sweet Potatoes Green Beans 12 Grain Bread Yogurt Cranberry Sauce</p>
<p>9/23</p> <p>Pulled Pork w. Au Jus Mashed Potatoes Caribbean Blend Veggies Apple Cornbread Loaf</p> 	<p>9/24</p> <p>Chicken Salad Platter Lettuce &amp; Tomato Cream of Broccoli Soup Ambrosia Whole Grain Saltines</p>	<p>9/25</p> <p>Salmon Burger on Pretzel Bun Lettuce &amp; Tomato Sweet Potato Wedges Fruit Cocktail</p> 	<p>9/26</p> <p>Meatball Sub w. Mozzarella Cheese Mixed Salad with Tomato, Onion &amp; Green Peppers Pear Halves</p>	<p>9/27</p> <p>Oven Fried Chicken Mashed Potatoes with Gravy Seasoned Greens Fresh Peach or Orange</p>
<p>9/30</p> <p>Salisbury Steak w. Gravy Baby Lima Beans Carrots Diced Pears Potato Bread</p>				

- All meals subject to change. All meals contain 1% milk
- Meals are ordered according to projected number; over that number, back-up meals will be available.
- Suggested minimum donation for persons 60+ is \$2.25. People under age 60 must pay \$5.25