



Senior Nutrition Program

September Menu 2025

Monday	Tuesday	Wednesday	Thursday	Notes
1 Memorial Day *No Meal Delivery*	2 Chicken Tenders French Fries Red Beets Apricots Bread	3 Cooks Choice	4 Chili with Beef Cole Slaw Tomato/Sauce in Chili 100% Fruit Juice Corn Bread	<i>Please let us know, in advance, if you will <u>not</u> be home on a scheduled delivery day, so we can minimize food waste.</i> All meals include choice of bread (white or wheat), milk (2%, skim, or buttermilk) or fruit juice. You may request an alternative entrée or side (Cook's Choice) for any meal by providing at least one week's notice to the kitchen. Please refrigerate your meal if it will not be consumed upon delivery. If your meal is not consumed within 2 days of delivery, please discard.
8 Fish Sticks Sweet Potato Fries Prince William Blend Veggies Pears Bread	9 Sloppy Jo Potato Wedges California Blend Vegetables Fruit Cocktail Bun	10 Ham Loaf Scalloped Potatoes Green Beans Pineapple Dinner Roll	11 Taco Salad w/ Meat, Cheese, Lettuce, Tomatoes & Onions 100% Fruit Juice Nacho Chips & Cookie	
15 Kielbasa Mashed Potatoes Sauerkraut Mandarin Oranges Bun	16 Honey Mustard Chicken Au Gratin Potatoes Lima Beans Tropical Fruit Roll	17 Rigatoni & Meatballs Italian Vegetables Mix Side Salad Peaches Bread Stick	18 Turkey Salad 3 Bean Salad Red Beets 100% Fruit Juice Bun	
22 Hamburger Tator Tots Broccoli Apricots Hamburger Bun	23 Ribette Sweet Potato Green Beans Pineapple Bun	24 Macaroni & Cheese Peas Stewed Tomatoes Applesauce	25 Chicken Pot Pie Cole Slaw 100% Fruit Juice Cookie	
29 Chicken Patty Red Skin Potatoes Asian Vegetables Blend Tropical Fruit Bun	30 Hamburger Gravy Mashed Potatoes California Blend Vegetables Pears & Sugar Free Pudding Bread		<i>All menu items are subject to change based on availability.</i>	

Contact Us: Central Kitchen at 740-922-6347 or the Nutrition Administrative Office at 740-922-6880