



Senior Nutrition Program

September Menu 2026

Monday	Tuesday	Wednesday	Thursday	Notes
	1 Meatball Sub Sweet Potato Tots Capri Blend Veggies Tropical Fruit Bun	2 Salisbury Steak w/Gravy Mashed Potatoes Corn Mandarin Oranges Bread	3 Vegetable Beef Soup Cottage Cheese Sliced Cucumbers 100% Juice Crackers	<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.
7 CLOSED	8 Fish French Fries Green Beans Peaches Bun	9 Tuna Noodle Casserole Peas Side Salad Pears	10 Chicken Salad Potato Salad Pickled Beets 100% Juice Bun	
14 Kielbasa Mashed Potatoes Sauer Kraut Pineapple Bun	15 Turkey Burger Au Gratin Potatoes Brussels Sprouts Applesauce Bun	16 Chicken Nuggets Tater Tots Veggie 5-Way 100% Juice Bread	17 CLOSED	
21 Cheese Burger Sweet Potato Fries California Blend Veggies Apricots Bun	22 Pulled Pork Pork & Beans Green Beans Mandarin Oranges Bun	23 Hamburg Gravy Mashed Potatoes Broccoli Jello w/Fruit Bread	24 Turkey Cobb Salad Cheese/Lettuce/Tomato/ Onions/Peas 100% Juice Crackers	
28 Chicken Patty Spinach Scalloped Potatoes 100% Fruit Juice Bun	29 Ham Sweet Potatoes Brussels Sprouts Pineapple Dinner Roll	30 Ravioli w/Spaghetti Sauce Side Salad 3 Bean Salad Pears Bread Stick	<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