

NEAL CENTER

(417-667-5847)

September 26 Menu

Monday	Tuesday	Wednesday	Thursday	Friday
♥Indicates Heart Healthy Item Bold underlined items meet the 2020 nutrition guidelines for senior nutrition	September 1 <u>Meatloaf</u> ♥<u>Mashed Potatoes/Gravy</u> ♥<u>California Vegetables</u> Wheat Roll Apricots <u>or</u> Lemon Blueberry Cake	September 2 <u>Salisbury Steak</u> ♥<u>Mashed Potatoes/Gravy</u> ♥<u>Beets</u> Wheat Roll Pineapple <u>or</u> Cherry Cake	September 3 <u>Chicken Ceasar Wrap</u> ♥<u>Carrot Rasin Salad</u> ♥<u>Three Bean Salad</u> Tortilla Sliced Pears <u>or</u> Chocolate Cake	September 4 <u>Fried Fish</u> ♥<u>Collard Greens</u> ♥<u>Corn</u> Hushpuppies Fresh Fruit <u>or</u> Cook's Feature
Labor Day September 7 <u>CLOSED</u>	September 8 <u>Philly Sandwich</u> ♥<u>Roasted Red Potatoes</u> ♥<u>Broccoli</u> Hoagie Blushed Pears <u>or</u> Rocky Road Dessert	September 9 <u>Ham and Beans</u> ♥<u>Spinach</u> ♥<u>Stewed Tomatoes</u> Cornbread Mixed Fruit <u>or</u> Lemon Cake	September 10 <u>Biscuit/Sausage Gravy</u> ♥<u>Hashbrowns</u> ♥<u>Spiced Peaches</u> Biscuit Sliced Peaches <u>or</u> Cinnamon Roll	September 11 <u>Open Face Turkey Sandwich</u> ♥<u>Mashed Potatoes/Gravy</u> ♥<u>Sunshine Carrots</u> Wheat Bread Fresh Fruit <u>or</u> Cook's Feature
September 14 <u>Pineapple Ham</u> ♥<u>Yams</u> ♥<u>Broccoli</u> Wheat Bread Sliced Pears <u>or</u> Brownie	September 15 <u>Smothered Pork Chop</u> ♥<u>Mashed Potatoes/Gravy</u> ♥<u>California Vegetables</u> Wheat Roll Mixed Fruit <u>or</u> Carrot Cake	September 16 <u>Herb Roasted Chicken</u> ♥<u>Mashed Potatoes/Gravy</u> ♥<u>Carrots</u> Wheat Roll Pineapple Tidbits <u>or</u> Pineapple Cake	September 17 <u>Lasagna</u> ♥<u>Italian Vegetables</u> ♥<u>Peas</u> Garlic Bread Pears <u>or</u> Snickerdoodle	September 18 <u>Fried Chicken</u> ♥<u>Mashed Potatoes/Gravy</u> ♥<u>Green Beans</u> Biscuit Fresh Fruit <u>or</u> Cook's Feature
September 21 <u>Cheeseburger</u> ♥<u>Corn</u> ♥<u>California Vegetables</u> Wheat Bun Sliced Peaches <u>or</u> Lemon Cake	September 22 <u>Taco Salad</u> ♥<u>Black Beans</u> ♥<u>Stewed Tomatoes</u> Tortilla/Chips Mandarin Oranges <u>or</u> Cherry Cake	September 23 <u>Chicken Salad</u> ♥<u>Carrot Rasin Salad</u> ♥<u>Pea Salad</u> Wheat Bread Fresh Fruit <u>or</u> Cinnamon Roll	September 24 <u>Sloppy Joes</u> ♥<u>Roasted Red Potatoes</u> ♥<u>Sunshine Carrots</u> Wheat Bun Applesauce <u>or</u> Peanut Butter Cookie	September 25 <u>BBQ Pork</u> ♥<u>Baked Beans</u> ♥<u>Coleslaw</u> Wheat Bun Blushed Pears <u>or</u> Cook's Feature
September 28 <u>BBQ Chicken</u> ♥<u>Baked Potato</u> ♥<u>Honey Carrots</u> Wheat Bread Applesauce <u>or</u> Chocolate Pudding	September 29 <u>Meatloaf</u> ♥<u>Mashed Potatoes/Gravy</u> ♥<u>California Vegetables</u> Wheat Roll Apricots <u>or</u> Chocolate Chip Cookie	September 30 <u>Salisbury Steak</u> ♥<u>Mashed Potatoes/Gravy</u> ♥<u>Beets</u> Wheat Roll Pineapple <u>or</u> Poppyseed Cake	Skim Milk, Unsweetened Fruit, Chef Salad, Baked Chicken Breast, or Baked Fish available daily as heart healthy alternatives by request.	 Care Connection for Aging Services

*Menu subject to change according to availability