





<p>MONDAY 2</p> <p>Senior Center Closed</p> 	<p>TUESDAY 3</p> <p>Shepherd's Pie Cal Blend Veggie Lima Beans Orange Wedges WW Bread/margarine Honey WW Muffin Lowfat (1%) milk</p>	<p>WEDNESDAY 4</p> <p>Three Cheese Spinach Lasagna Zucchini Cesar Salad w/ WW croutons Pineapple WW Bread/margarine Lowfat (1%) milk</p>	<p>THURSDAY 5</p> <p>Teriyaki Glazed Salmon Veggie Brown Rice Asian Blend Veggie Spinach Salad w/ egg, tomato & carrots Sliced Strawberries WW Bread/margarine Lowfat (1%) milk</p> 	<p>FRIDAY 6</p> <p>Labor Day Buffet Diestal Turkey Dogs/ WW Bun WW Macaroni Salad Mixed Greens w tomato, carrots & cucumber Backyard Baked Beans Cubed Cantaloupe, Honeydew & Pineapple Lowfat (1%) milk</p>
<p>9</p> <p>Parmesan Chicken w/ Marinara & whole wheat Pasta Italian Blend Veggie Peas Banana WW Bread/margarine Lowfat (1%) milk</p>	<p>10</p> <p>Swedish Meatballs Brown Rice Pilaf Garden Salad w/tomatoes, carrots, cucumbers Tropical Fruit Cornbread/margarine Lowfat (1%) milk</p>	<p>11</p> <p>Cold Roast Beef Sandwich on a Whole Wheat Bun Mixed Greens w/Spinach & tomato 3-Bean Salad Apricots Lowfat (1%) milk</p>	<p>12</p> <p>Chicken Fried Steak w/gravy Mashed Potatoes Broccoli Slaw Peaches Honey Bran Muffin WW Bread/margarine Lowfat (1%) milk</p>	<p>13</p> <p>Tri-Color Tortellini w/meat sauce Green Beans Garden Salad w/ black olives & garbanzo beans Diced Pears WW Bread/margarine Lowfat (1%) milk</p>
<p>16</p> <p>Baked Fish w/ lemon & tartar sauce Herbed Brown Rice Pacific Blend Veggies Carrots Orange Wedge WW Bread/margarine Lowfat (1%) milk</p>	<p>17</p> <p>Beef Tamale Pie Flame Roasted Corn & Black beans Tex-Mex Slaw Pineapple WW Bread/margarine Lowfat (1%) milk</p>	<p>18</p> <p>Jamestown B-day Cupcakes</p> <p>Spaghetti & Meatballs Capri Blend Veggies Garden Salad w/carrots & tomatoes Peaches WW Breadstick/margarine Lowfat (1%) milk</p>	<p>19</p> <p>Groveland B-day Cupcakes</p> <p>Turkey Pot Pie Garden Salad w/carrots & tomatoes Green Beans Baked Apples WW Biscuit/margarine Lowfat (1%) milk</p>	<p>20</p> <p>Sonora B-day Cupcakes</p> <p>Cranberry Chicken Brown Rice Pilaf Butternut Squash Broccoli Salad Berry Compote (NSA) WW Rolls/margarine Lowfat (1%) milk</p>
<p>23</p> <p>BBQ Pork Sandwich on a Whole Wheat Bun Sweet Potato Fries Cal Blend Veggies Apple Lowfat (1%) milk</p>	<p>24</p> <p>Beef Ravioli w marinara sauce Broccoli Carrots Grapes WW Breadstick/margarine Lowfat (1%) milk</p>	<p>25</p> <p>Herbed Chicken Thighs Scalloped Potatoes Garden Salad w/ tomatoes, cucumbers, carrots Honey Bran Muffin Cinnamon Applesauce WW Bread/Marg Lowfat (1%) milk</p>	<p>26</p> <p>Egg Bake WW Penne Alfredo Green Beans Spinach Salad w/egg, tomato & carrots Ambrosia Fruit Salad WW Bagel Lowfat (1%) milk</p>	<p>27</p> <p>Swiss Steak w/gravy on Whole Wheat Pasta Garden Salad Beets Pineapple WW Bread/margarine Lowfat (1%) milk</p>
<p>30</p> <p>Salisbury Steak Loaded mashed potatoes Green Beans Pears WW Bread / Margarine Lowfat Milk (1%) milk</p>	<p>SUGGESTED CONTRIBUTION Dine on-site \$4.50 Meals on Wheels \$4.50 <i>Meals are partially funded by Area 12 Agency on Aging</i> No eligible person shall be denied participation due to inability to pay ~ Under 60 fee \$6.00</p>	<p>Wednesdays Soup and Salad Bar - Only at the Senior Center! Nonfat chocolate milk available at congregate sites only MENU SUBJECT TO CHANGE</p>	<p>Senior Center Mon- Fri 10-4 (209)533-2622 540 Greenley Rd Sonora Jamestown Community Center Mon&Wed Noon-1pm 18250 Main Street Jamestown 768-6640 Groveland (The Little House) Thurs: Noon-1pm 11699 Merrell Road Groveland 962-7303</p>	