

**PEACE, INC. SENIOR NUTRITION PROGRAM
SEPTEMBER 2018 LUNCH MENU**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
3 LABOR DAY AGENCY CLOSED	4 SWEET AND SOUR CHICKEN WITH SEASONED BROWN RICE PEAS WITH SAUTÉED MUSHROOMS FRESH BAKES PEANUT BUTTER COOKIE	5 MEATBALL SUB ON A WHOLE WHEAT SUB ROLL ITALIAN GREEN BEANS PINEAPPLE TIDBITS	6 CATERED LUNCH BAKED CHICKEN BREAST POTATO , SALAD, ROLLS DESSERT ENTERTAINING: RHYTHM N' SHOES
10 GRILLED MARINATED CHICKEN BREAST SANDWICH ON A WHOLE WHEAT KAISER SHREDDED LETTUCE, TOMATOES AND RANCH DRESSING SPRING VEGETABLE SOUP FRUIT AND YOGURT PARFAIT	11 HOME MADE OLD FASHIONED MEATLOAF W/ MUSHROOM GRAVY GARLIC RED SKIN SMASHED POTATOES STEAMED BROCCOLI FLORETS FRUIT COCKTAIL CUP	12 SLICED TURKEY AND SPINACH ON A WHOLE WHEAT KAISER SERVED W/ ROASTED RED PEPPER SPREAD POTATO MEDLEY CALIFORNIA BLEND VEGETABLES TAPIOCA PUDDING	13 MEAT SAUCE MARINARA OVER BOWTIE PASTA ROMAINE SALAD WITH MANDARIN ORANGES SERVED WITH POPPYSEED DRESSING FRESH BAKED LEMON COOKIE
17 SHAVED CORNED BEEF SANDWICH ON RYE BREAD WITH 1,000 ISLANDS DRESSING MARINATED BEETS FRESH FRUIT	18 CHICKEN PHILLY STYLE CHEESE STEAK SANDWICH WITH PEPPERS AND ONIONS SEASONED POTATO WEDGES STEAMED BRUSSEL SPROUTS TROPICAL FRUIT SALAD	19 BEEF AND BEAN TACO SALAD WITH LETTUCE, TOMATOES, BLACK OLIVES, TOPPED WITH SOUR CREAM AND TORTILLA CHIPS MEXICAN BROWN RICE LEMON MERINGUE PIE	20 GARDEN VEGETABLE LASAGNA FRESH SPINACH SALAD WITH RASPBERRY VINAIGRETTE FRESH SLICED HONEYDEW MELON FRESH BAKED WHOLE WHEAT ROLL
24 BREADED CHICKEN BREAST FILET SERVED ON A WHOLE WHEAT BUN TOPPED WITH SLICED TOMATOES AND LETTUCE HOME-STYLE POTATO SALAD 4 WAY MIXED VEGETABLES FRESH MELON	25 SLOPPY JOE ON WHOLE WHEAT BUN PEAS AND CARROTS SEASONED POTATO CUBES APPLESAUCE	26 HAM SERVED ON WHOLE WHEAT KAISER TOPPED WITH SPINACH, AND PINEAPPLE MAYO GREEK VEGETABLE AND PASTA SALAD FRESH ORANGE	27 BEEF FAJITA STRIPS WITH SAUTÉED BELL PEPPERS AND ONIONS RICE AND BEANS CHOCOLATE ICE CREAM

RESERVATIONS: CALL THE LUNCH LINE @315-469-3259 LUNCH IS SERVED AT NOON 60+ SENIORS... \$3.00 GUESTS UNDER 60... \$6.00

LUNCH RESERVATIONS SHOULD BE IN BY 12:30 PM THURSDAY FOR THE FOLLOWING WEEK.