

SEPTEMBER MENU

GLADSTONE SENIOR CENTER

| Mon | Tue | Wed | Thu | Fri |
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| 3 CLOSED FOR LABOR DAY | 4 Salisbury Steak Mashed Potatoes/Gravy Broccoli Fruit | 5 Bourbon Steak Coconut Rice Carrots Garden Salad Fruit | 6 BBQ Pork Ribs Boiled Potato Key Largo Veggies Tropical Fruit | 7 Chicken Breast Sour Cream Chive Potatoes Baked Beans Fruited Pudding |
| 10 Scrambled Eggs Sausage Links Hash Browns Juice Mandarin Oranges | 11 Lasagna w/Meat Sauce Caesar Salad Breadstick Chunky Applesauce | 12 Pineapple BBQ Chicken Phiily Potatoes California Blend Fresh Fruit | 13 Baked Ham Tetrazzini Mixed Veggies Harvard Beets Orange Pineapple Cake | 14 Goulash Ranch/Bacon Green Beans Cornbread Fruit |
| 17 Breaded Chicken Patty Twice Baked Potato Key Largo Veggies Fruit Cocktail | 18 Sweet/Sour Meatballs over Rice Oriental Vegetables Oriental Coleslaw Pineapple | 19 Roast Pork w/ apricot glaze Mashed Potatoes/butter Mixed Vegetables Applesauce | 20 Chicken Pot Pie Lettuce Salad Oatmeal/Raisin Cookie | 21 Cold Tuna Macaroni Salad Marinated Vegetables Pistachio Pineapple Delight |
| 24 Pork Steak/w Sauerkraut Boiled Potato w/butter Cream Corn Peach | 25 Baked Ham Mashed Potatoes Broccoli w/Cheese Sauce; Pears | 26 Salmon Patty Sweet Potato Corn Cornbread Fresh Fruit Cup | 27 Chicken Alfredo over Linguini Peas Cucumber Salad Pumpkin Mousse | 28 Beef Barley Soup Egg Salad Sandwich on Rye Bread Peas and Cheese Salad Fruit |
| <p><i>Subject to change</i></p> <p>Menu is for all our senior centers. Call your senior center with questions/comments.</p> <p>SEPTEMBER </p> | | | | |

[HOW DO I GET TO THE SENIOR CENTER?](#)
[EMAIL THE CENTER](#)

WEEKLY ACTIVITIES: **GLADSTONE 428-2201**

Every Monday, Sit N Be Fit, 10-10:45 a.m. Cribbage, noon. Hand & Foot, noon. Painting, 12:30 p.m.

Every Tuesday, Card making 12:30 p.m. 500 cards, 12:30 p.m. Evening bingo, 6:45 p.m.

Every Wednesday, Sit N Be Fit, 10-10:45 a.m. Pinochle, 12:30 p.m.

Every Thursday, Tai Chi, 10-10:45 a.m. Hand & Foot, 12:30 p.m. Bingo, 1 p.m.

Every Friday, Line Dancing (beginners), 9:30- 10 a.m. Line Dancing (anyone), 10-11 a.m.

OTHER ACTIVITIES:

CLOSED FOR LABOR DAY, Sept. 3. Monthly Food Distribution, Sept. 5, 8:30-9:30 a.m.

Gaming Night/Meal, Sept. 12, 4-8 p.m. (call 428-2201 at least one day prior to reserve a seat).

TEFAP Food Distribution, Sept. 14, 8:30 a.m. to noon.

Arts and Crafts Club, Sept. 17, 3:30 p.m.

Foot Clinic, Sept. 19, (by appointment only, call 428-2201).

Movie Day (“[The Bucket List](#)”), Sept. 21, 12:30 p.m.

Birthdays Lunch, Sept. 25, 11:30 a.m. (call 428-2201 at least one day prior to reserve a seat).