


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

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**ACTIVITIES: MID COUNTY 753-6986**

**CLOSED FOR LABOR DAY, Sept. 3.** TEFAP Food Distribution, Sept. 12, 9 a.m. to 3 p.m. Foot Clinic, Sept. 10, (call 753-6986 for appointment). Fun Bingo with Cheryl, Sept. 14, 12:30 p.m. Monthly Food Distribution, Sept. 18, 9-10 a.m. Crafts with Cheryl, Sept. 25, 12:30 p.m. Birthday Party, Sept. 26, salad at 10:45 a.m. (call 753-6986 at least one day prior to reserve a seat)