

**SENIOR
SEPTEMBER
2017**



**SERVING SENIORS
BOONE
LEE
OGLE
WINNEBAGO
COUNTIES**

**MENU IS SUBJECT
TO CHANGE WITHOUT
NOTICE**



**To make a
reservation
in Rockford**

**815-963-1609
or
1-800-779-1189**

**RESERVATIONS
&
CANCELLATIONS
CALL BY 10:00 AM
THE DAY BEFORE**

***CHOICE A only sent to
MEALS ON WHEELS
CLIENTS**

**THERE ARE
NO
SUBSTITUTIONS**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8 oz. Low Fat Milk served with all lunches. 				1 CHEF SALAD MIXED GREENS CUKES,EGG,TOM,CH DINNER ROLL \ BUTTER MANDARIN ORANGES FRUITJUICE
4	5	6	7	8
	BAKED ZITI W\MEATSAUCE ITALIAN BLEND VEG. GARLIC BREAD HOT APPLESAUCE	A.) LIVER & ONIONS MASHED POT/GRAVY GLAZED CARROTS DINNER ROLL PEACH COBBLER B.) MEATLOAF	SLOPPY JOE WHEAT BUN TATOR TOTS GREEN BEANS APRICOTS	CHEESE OMELETT TURKEY SAUSAGE HASH BROWN POT. BLUEBERRY MUFFIN FRUIT JUICE
11	12	13	14	15
B.B.Q. CHIX BREAST WHEAT BUN CHEESY POTATOES GREEN BEANS PINEAPPLE TIDBITS	A.) CITRUS BAKED HAM SWEET POTATOES CAPRI BLEND VEG. WHEAT BREAD - 2 FRUIT COCKTAIL B.) R. BEEF/CR. MUSH.	BAKED CHICKEN QTR MASHED POT/GRAVY BROCCOLI TOSSED SALAD/DRSG. ROLL \ PUMPKIN BAR	MUSHROOM SWISS BURGER ON BUN BUTTERED RED POT. BAKED BEANS APRICOTS	FISH PATTY WHEAT BUN POTATO PANCAKES CALIF. BLEND VEGGIES APPLESAUCE TARTAR SAUCE
18	19	20	21	22
COUNTRY MEATBALLS MASHED POT \ GRAVY BRUSSELL SPROUTS DINNER ROLL PEACHES	TROPICAL CHICKEN SALAD ON GREENS CUCUMBER SLICES CROISSANT MANDARIN ORANGES PINEAPPLE JUICE	SPAGHETTI W \ MEATSAUCE STEAMED PEAS WH. KERNEL CORN GARLIC BREAD APRICOTS	A.) HOT TURKEY SAND. MASHED POT/GRAVY COUNTRY BLEND VEGG. WHEAT BREAD - 2 FRUIT COCKTAIL B.)HAM/CHIX NOODLE	CHEESY BEEF TACO FLOUR TORTILLA LETTUCE\TOMATO SPANISH RICE \ BEANS FRESH FRUIT
25	26	27	28	29
CHICKEN PARMESAN PASTA W/ MARINARA SICILIAN BLEND VEG DINNER ROLL DICED PEARS	SAUSAGE GRAVY W \ BISCUIT HASH BROWN POTATO FRUIT JUICE BAKED PEACHES	POLISH SAUSAGE SOUR KRAUT POTATO WEDGES BAKED BEANS CHILLED APPLESAUCE HOT DOG BUN	A.) HOT HAM & CHEESE AUGRATIN POTATOES SEASON GREEN BEANS WHEAT BUN PINEAPPLE TIDBITS B.) TURKEY/VEGETABLE	PEPPER STEAK MASHED POT/GRAVY LIMA BEANS WHEAT BREAD - 2 APRICOTS