



September 2021

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
	TO CANCEL YOUR MEAL, CALL 641-792-7102. MEALS WILL NOT BE LEFT IF YOU ARE NOT HOME.	Biscuits & Gravy	Chicken Parmesan	Baked Cod
		Potato Casserole	Spaghetti Noodles	Parsley Potatoes
		Hard Boiled Egg	Spinach Salad	Green Beans
		Banana	Pineapple Tidbits	Fruit Cocktail
		Fruited Yogurt		Apple Crisp
6	7	8	9	10
LABOR DAY	Pork Loin	Goulash	Hamballs with Glaze	Tuna Salad Sandwich
	Cheesy Potatoes	Lettuce Salad	Mashed Potatoes	Chips
	Capri Vegetables	Melon Cup	Green Beans	Coleslaw
	Roll	Garlic Bread Stick	Cherry Jello with Fruit	Banana
CLOSED	Pears	Peanut Butter Cookie		Cake
13	14	15	16	17
Cheese Pizza	Cook's Choice	Sloppy Joe	Oven Fried Chicken	Hamburger on Bun
Carrots	Tomato Soup	French Fries	Mashed Potatoes & Gravy	Lettuce/Tomato/Onion
Fruited Yogurt	Grilled Cheese	Mixed Vegetables	Brussels Sprouts w/Cheese	French Fries
Banana Orange Salad	Cherries	Cinnamon Applesauce	Peaches	Copper Penny Salad
	Dessert	Berry Crisp	Chocolate Chip Cookie	Apple
20	21	22	23	24
Tuna Casserole	Egg Salad Sandwich	Steak in Brown Gravy	BBQ Roast Pork Sandwich	Soft Shell Taco
Green Beans	Chicken Vegetable Soup	Whipped Potatoes	Sweet Potato Fries	Tortilla Chips
Roll	Crackers	Spinach Salad	3 Bean Salad	Salsa
Mixed Berries	Fruit Salad	Orange	Peaches	Fiesta Corn
Chocolate Pudding/Topping	Cookie	Pumpkin Bar	Oatmeal Raisin Bar	Strawberry Shortcake
27	28	29	30	
Baked Potato w/ Turkey Ham	Baked Chicken	Cook's Choice	Scalloped Potatoes & Ham	 Stephanie Labenz, MS, RD, LD
Cheese Sauce	Au Gratin Potato Casserole	Beef & Noodles	Mixed Vegetables	
Broccoli Cuts	Peas with Onions	Succotash	Banana	
Dessert	Pears	Mandarin Oranges	Butterscotch Pudding	
	Spice Cake w/ Frosting	Roll		
		Dessert		

*Milk offered with all meals and equals one carb choice. All meals meet 1/3 of the Recommended Dietary Allowances (RDA) for older adults.