

Council on Aging September 2018 Menu

Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
Chatham County Council on Aging Closed Labor Day	Cheeseburger on Bun Lettuce/Tomato Baked Beans Angel Food Cake/ peaches Mayo Juice 2%Milk	Beef Soft Taco Lettuce/ Tom Pimento Corn Spanish Rice Oatmeal Cookie Salsa Juice 2%Milk	BBQ Pork Sandwich Coleslaw Parsley Potatoes Fruit Graham Crackers 2%Milk	Baked Fish Wedge Country Blend Vegetables Mac & Cheese Fruit Cocktail Dinner Roll 2%Milk
10	11	12	13	14
Chicken & Noodles Sunshine Carrots Yogurt Green Peas Roll/marg/jelly 2%Milk	Spaghetti w/ Meat Sauce Tossed Salad Zucchini with onions Garlic Bread Cinnamon Applesauce FF Dressing 2%Milk	Chicken Fillet Sandwich Let & Tom Potato Salad Orange Fig Bar Mayo 2%Milk	Meatballs & Cheese on Bun Tossed Salad Italian Vegetables Jell-O FF Dressing 2%Milk	Chicken Stir Fry Rice Angel Food Cake/fruit Egg Roll Duck sauce Juice 2% Milk
17	18	19	20	21
Turkey Hot dog Chili Coleslaw Corn Banana Yogurt Oatmeal Cookie 2%Milk	Baked Ziti Tossed Salad w/ Tom Garlic bread Stick Fruit Crisp FF Dressing 2%Milk	Sweet & Sour Chicken Rice Pudding Graham Crackers Egg Rolls Juice 2%Milk	Pinto Beans Scalloped Tomatoes Steam Cabbage Cornbread/marg Orange 2%Milk	Country Steak w gravy Green Beans 1/2 Baked Potato Muffin Margarine Jell-O 2%Milk
24	25	26	27	28
Krab Cake on Bun Coleslaw Mac& Chese Fruit 2%Milk	Chicken Salad sandwich Lettuce/ Tom Broccoli Salad Orange 2% Milk	Sloppy JoeSandwich Baby Baker Potatoes Angel Food Cake/Fruit Juice 2% Milk	Pork Ribette Coleslaw Greens Cornbread Yogurt Graham Cracker 2% Milk	Pepper Steak w gravy Green Beans Mashed Potatoes Biscuit Fruit Salad 2% Milk
				If you have questions or need to cancel your meal Contact: Vickie Cheek or Barbara Woody