


HANNA SENIOR CENTER 307-325-9232 PLEASE CALL FOR MEALS BY 8:30 A.M

<p>SEPTEMBER 2017</p> 					<p>FRIDAY 1 Chili Cheese/onion Tossed Salad Corn Bread Mandarin Oranges Milk</p>	<p>SATURDAY 2</p>
<p><u>Recommended Serving Sizes</u> 3 oz. meat ½ cup of vegetables ½ cup of fruit 2 servings of bread or complex carbohydrate 1 cup of 2% milk</p>	<p>MONDAY 4 LABOR DAY Company Holiday</p>	<p>TUESDAY 5 Cheeseburger Lettuce, tomato, onion French Fries Cole Slaw Applesauce Milk</p>	<p>WEDNESDAY 6 Baked Ham Scalloped Potatoes Broccoli Wheat Bread Pineapple Whip Milk</p>	<p>THURSDAY 7 Roast Beef Mash. Pot./gravy Corn Wheat Roll Purple Plums Spice Cake Milk</p>	<p>FRIDAY 8 Chicken Salad Sandwich Vegetable Soup Pickle Spear Peaches Milk</p>	<p>SATURDAY 9</p>
<p>BIRTHDAYS DONNA P. 09th DORLA B. 11th JIM M 25th</p>	<p>MONDAY 11 Beef Wellington Oven Potato Peas/Carrots Wheat Bread Cherries Milk</p>	<p>TUESDAY 12 Baked Pork Chop Rice Pilaf Beets Wheat Roll Apricots Milk</p>	<p>WEDNESDAY 13 Beef Stew Tossed Salad Cheese/onion Roll Pears Banana Dessert Milk</p>	<p>THURSDAY 14 Tuna Casserole Mixed Vegetables Wheat Bread Fruited Jell-O Whipped Topping Milk</p>	<p>FRIDAY 15 Oven Chicken Mash. Pot./gravy Green Beans Wheat Roll Strawberries Milk</p>	<p>SATURDAY 16</p>
<p>BINGO 5th & 19th BLOOD PREASURE CHECKS 19th</p>	<p>MONDAY 18 Meatloaf O'Brien Potatoes Spinach Wheat Bread Fruit Cup Milk</p>	<p>TUESDAY 19 Chicken/Dumplings Zucchini Wheat Roll Mandarin Oranges Cookie Milk</p>	<p>WEDNESDAY 20 Spaghetti/meat sauce Tossed Salad Garlic Bread Citrus Fruit Milk</p>	<p>THURSDAY 21 Beef/Broccoli Rice Egg Roll Pineapple Tidbits Milk</p>	<p>FRIDAY 22 Pork Roast Mash.Pot./gravy Brussel Sprouts Roll Country Apple Dessert Milk</p>	<p>SATURDAY 23</p>
<p>EVENING MEAL SEPT 22, AT 5:00</p>	<p>MONDAY 25 BBQ Pork Riblet French Fries Mixed Vegetables Wheat Roll Strawberries Milk</p>	<p>TUESDAY 26 Swedish Meatballs Noodles Squash Blend Wheat Bread Peaches Milk</p>	<p>WEDNESDAY 27 Hot Turkey Sand. Mash. Pot./gravy Asparagus Cherry Crisp Milk</p>	<p>THURSDAY 28 Beef Tacos Lettuce/tom./cheese Refried Beans Corn Apricots Milk</p>	<p>FRIDAY 29 Baked Fish Wild Rice Blend Stewed Tomatoes Wheat Bread Pears Pumpkin Bar Milk</p>	