





September 2007 Defiance County Senior Services

For menu information
419-782-3321

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3 Defiance County Senior Services will be Closed in observance of Labor Day</p> 	<p>4 <u>Aloha Festival</u> Hawaiian Pork over Brown Rice Stir Fry Vegetables Wheat Bread Fresh Pineapple, Mango, & Papaya</p>	<p>5 Chicken Cacciatore Cauliflower and Carrot Strips Mashed Potatoes Green Beans Rye Bread Waldorf Salad</p>	<p>6 Cheese Omelet Hash Browns Sausage links Mini Bagels Strawberries and Bananas</p>	<p>7 <u>Birthday Dinner</u> Salisbury Steak Baked Potato Carrots Mixed Fruit Whole Wheat Bread Birthday Cake</p> 
<p>10 <u>Cholesterol Education Month</u> Baked Fish Almandine Bean and Macaroni Soup Buttered Broccoli Fresh Orange Whole Wheat Bread Granola Bar</p>	<p>11 Turkey Pot Pie Mashed Potatoes Pineapple Tidbits Mixed Green Salad Whole Wheat Bread Graham Crackers</p>	<p>12 <u>Food Safety Month</u> Oven Parmesan Chicken Broccoli & Onions Au Gratin Wax Beans Macaroni Salad Breadstick Mandarin Oranges</p>	<p>13 <u>Rosh Hashanah</u> Roast Beef Noodle Kugel Carrots Chilled Grape Juice White Bread Apple Slices/Honey</p>	<p>14 Cabbage and Ham Hash Broccoli Salad Buttermilk Biscuit Warm Cinnamon Peaches</p>
<p>17 BBQ Chicken Leg Quarter Spring Blend Vegetables Black-eyed Peas and Pork Whole Wheat Bread Strawberries and Blueberries over Pound Cake</p>	<p>18 <u>Healthy Aging Month</u> Salmon Patty with Creamed Peas Rice Pilaf Pickled Beet Salad Whole Wheat Bread Melon Chunks</p> 	<p>19 Scalloped Chicken Garlic Mashed Potatoes Brussels Sprouts Dinner Roll Apricot Halves</p>	<p>20 Pork Cutlet California Blend Vegetables Creamy Coleslaw Stuffing Rye Bread Fresh Banana</p>	<p>21 <u>Let's Welcome Fall!</u> Hot Shredded Chicken Broccoli Mixed Berries Tomato Cilantro Rice</p> 
<p>24 <u>Hispanic Heritage Month</u> Chicken Fajitas Mexicali Blend Vegetables Refried Beans Tropical Fruit Salad</p>	<p>25 Johnny Marzetti Seasoned Summer Squash Carrot Raisin Salad Chilled Grape Juice Corn Bread Peach Crisp</p>	<p>26 Baked Ham Herb Roasted Tomatoes Baked Sweet Potato Whole Wheat Bread Ambrosia Salad</p>	<p>27 Country Fried Steak Winter Blend Vegetables Mashed Potatoes Muffin Saucy Prunes and Peaches</p>	<p>28 Mushroom Chicken Italian Blend Vegetables Long Grain Rice Apple Juice Breadstick</p>