

## Defiance County Senior Services

# September Menu 2017

Questions regarding your meal delivery? Please call Robin at 419-782-3321

Monday	Tuesday	Wednesday	Thursday	Friday
<p>our rolls and breads are whole wheat unless specified otherwise. The buns are white bread. <b>Thank you and Enjoy!</b></p>	<p>“nsc” means that we can provide a dessert with no concentrated sweets added. “SF” means sugar free. To access ingredients, please contact Delinda at 419-783-4813</p>	<p>Evening Meal Menu September 27th Beef Tips with Mushroom and Onions French Green Beans Mashed Potatoes 7 Layer Salad Wheat Dinner Roll Cherry Cheese Cake ncs dessert = Cherries</p>	<p>welcome <b>SEPTEMBER</b></p> 	<p>1 Roast Beef &amp; Gravy Mashed Potatoes Creamed Cabbage Raisins Wheat Dinner Roll Birthday Cake ncs= Angel Food Cake</p>
<p>4 <b>Defiance County Senior Services is Closed in observance of Labor Day</b></p>	<p>5 Johnny Marzetti Carrots Asparagus Blushing Pears Plain Donut Wheat Dinner Roll</p>	<p>6 Egg Salad Sandwich on a Croissant Tossed Salad Pickled Beets Sweet &amp; Spicy Peaches  Salad Bar in Café</p>	<p>7 Baked Chicken Mashed Potatoes Sweet Peas &amp; Onions Grape Juice Biscuit</p>	<p>8 Cube Steak with Mushrooms Oven Roasted Potatoes Stewed Tomatoes Ambrosia Salad Wheat Dinner Roll Chocolate Chip Cookie ncs= sf cookie</p>
<p>11 Chicken Fettuccine Alfredo Spinach Parmesan Tropical Fruit Grape Juice Garlic Bread</p>	<p>12 Breaded Tenderloin Scalloped Potatoes Mixed Vegetables Banana Wheat Dinner Roll Sherbet</p>	<p>13 <b>Defiance County Senior Services will be Closed for a Staff Training Day</b></p>	<p>14 Chicken / Cheese Wrap Potato Salad Cucumber Salad Apple</p>	<p>15 Chili with Cheese Celery Sticks with a Peanut Butter cup Apricots Crackers White Chip Cookie ncs= sf pudding</p>
<p>18 Chicken Patty Sandwich with lettuce and tomatoes Ranch Potatoes Fruit Cocktail</p>	<p>19 Turkey Manhattan (turkey with Mashed Potatoes and Gravy on Bread) Carrots &amp; Cauliflower Pears Oatmeal Raisin Cookie ncs= sf Cookie</p>	<p>20 Roast Beef Slice in a Pita Pocket Broccoli Cheese Soup Apple Slices Grape Juice  Salad Bar in Café</p>	<p>21 Pork Chop with Gravy Succotash Stewed Tomatoes Mandarin Oranges Cornbread Dressing</p>	<p>22 BBQ Chicken Baked Beans Baked Potato Raisins Dinner Roll Cream Pie ncs= sf Pie</p>
<p>25 Beef Stew Tomato Salad Mixed Fruit Biscuit</p>	<p>26 Ham with Apple Juice alt = Hamburger Pattie Sweet Potatoes Brussels Sprouts Pineapple Tidbits Garlic Bread Vanilla Wafers</p>	<p>27 Chicken Noodle Soup Pea Salad Banana Apple Juice Crackers  Salad Bar in Café</p>	<p>28 Roast Pork &amp; Gravy Green Beans Au Gratin Potatoes Applesauce Wheat Dinner Roll</p>	<p>29 Hamburger Gravy over Mashed Potatoes Corn Peaches French Bread Jell-O ncs= sf Jell-O</p>