

**SENIOR**  
September  
2018



**SERVING SENIORS**  
**BOONE**  
**LEE**  
**OGLE**  
**WINNEBAGO**  
**COUNTIES**

**MENU IS SUBJECT**  
**TO CHANGE WITHOUT**  
**NOTICE**

**To make a**  
**reservation**  
**in Rockford**

**815-963-1609**  
**or**  
**1-800-779-1189**

**RESERVATIONS**  
**&**  
**CANCELLATIONS**  
**CALL BY 10:00 AM**  
**THE DAY BEFORE**

**\*CHOICE A only sent to**  
**MEALS ON WHEELS**  
**CLIENTS**

**THERE ARE**  
**NO**  
**SUBSTITUTIONS**

<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
3	4	5	6	7
CLOSED	BBQ CHIX BREAST CHEESY POTATOES SEAS. GREEN BEANS DINNER ROLL JELLO W\FRUIT	BAKED PORK CHOP BABY RED POTATOES BROCCOLI TOSSED SALAD/DRSG. DINNER ROLL APPLE CRISP	CHEESE RAVIOLI W/ MEATSAUCE BRUSSEL SPROUTS CAULIFLOWER GARLIC BREAD APRICOTS	A.) SOUTHWESTERN SALAD BLK. BEANS, CORN,CHEESE CHICKEN, TOMATO, ONION DINNER ROLL/BUTTER PINEAPPLE TIDBITS B.) CHIX SAL./TOMATO
10	11	12	13	14
CREAMY CHICKEN W/ PASTA BROCCOLI BAKED APPLES WHEAT BREAD - 1	MEATLOAF MASHED POT/GRAVY GLAZED CARROTS DINNER ROLL \ BUTTER APRICOTS	ITAL. CHIX SALAD W\GREENS CARROTS, EGGS, CUKES TOMATOES, CHEESE DINNER ROLL \ BUTTER FRUIT JUICE	ITALIAN SAUSAGE W\PEPPERS ON BUN RED POTATO WEDGES ITALIAN BLEND VEGGIES DICED PEACHES	A.) CRISPY FISH SAND. WHEAT BUN POTATO PANCAKES PEAS PINEAPPLE TIDBITS B.) TURKEY/MINESTRONE
17	18	19	20	21
MEATBALL SUB PEAS & CARROTS SEAS. POTATO WEDGES MANDARIN ORANGES	SWEET/SOUR CHICKEN FLUFFY RICE STIR FRY VEGGIES DINNER ROLL APRICOTS	SALISBURY STEAK CHEESY POTATOES GREEN BEANS DINNER ROLL SLICED PEACHES	A) CHEESE OMELETT TURKEY SAUSAGE HASH BROWN POT. BLUEBERRY MUFFIN FRUIT JUICE B.) TUNA SAL/CHIX RICE	CHEF SALAD W\GREENS TURKEY & HAM CUKES, EGGS, TOM, CHEESE DINNER ROLL \ BUTTER MANDARIN ORANGES FRUIT JUICE
24	25	26	27	28
BBQ RIBLETT WHEAT BUN AUGRATIN POTATOES COIN CARROTS DICED PEARS	PEPPER STEAK MASHED POT/GRAVY PEAS WHEAT BREAD - 2 CHILLED PINEAPPLE	LEMON PEPPER CHIX WILD RICE BROCCOLI DINNER ROLL APPLESAUCE	A.) CHEESEBURGER WHEAT BUN TATOR TOTS BAKED BEANS JELLO W\ FRUIT B.) HAM/VEGETABLE	TROPICAL CHIX SALAD CUCUMBER SLICES CROISSANT MANDARIN ORANGES PINEAPPLE JUICE
				8 oz. Low Fat Milk served with all lunches.