

**SENIOR  
SEPTEMBER  
2020**



SERVING SENIORS BOONE LEE OGLE WINNEBAGO COUNTIES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	MENU IS SUBJECT TO CHANGE WITHOUT NOTICE		1	2	3
		BBQ CHIX BREAST CHEESY POTATOES SEAS. GREEN BEANS DINNER ROLL JELLO W\FRUIT	A.) BAKED PORK CHOP MASHED POT/GRAVY MIXED VEGGIES DINNER ROLL APPLE CRISP B.) CHIX SAL./TOMATO	SWEET AND SOUR MEATBALLS FLUFFY RICE BLENDED VEGGIES WHEAT BREAD-1 APRICOTS	CHEF SALAD W\GREENS TURKEY & HAM CUKES,EGGS,TOM,CHEESE DINNER ROLL\BUTTER MANDARIN ORANGES FRUIT JUICE
To make a reservation in Rockford  815-963-1609 or 1-800-779-1189	7	8	9	10	11
	CLOSED NO DELIVERY	MEATLOAF AUGRATIN POTATOES STEWED TOM\ZUCCHINI DINNER ROLL \ BUTTER APRICOTS	TROPICAL CHIX SALAD CUCUMBER SLICES CROISSANT MANDARIN ORANGES PINEAPPLE JUICE	ITALIAN SAUSAGE W\PEPPERS ON BUN RED POTATO WEDGES ITALIAN BLEND VEGGIES DICED PEACHES	A.) CRISPY FISH SAND. WHEAT BUN MAC & CHEESE PEAS PINEAPPLE TIDBITS B.) TURKEY/MINESTRONE
RESERVATIONS & CANCELLATIONS CALL BY 10:00 AM THE DAY BEFORE  	14	15	16	17	18
	MEATBALL SUB PEAS & CARROTS SEAS. POTATO WEDGES MANDARIN ORANGES	SOUTHWEST SALAD BLK BEANS,CORN,CHEESE CHICKEN,TOM,ONION DINNER ROLL \ BUTTER FRUIT JUICE	SALISBURY STEAK CHEESY POTATOES GREEN BEANS DINNER ROLL SLICED PEACHES	A) SLOPPY JOE WHEAT BUN FARMER POTATOES PEAS & CARROTS FRUIT COCKTAIL B.) TUNA SAL/CHIX RICE	HOT HAM & CHEESE WHEAT BUN TATOR TOTS BAKED BEANS DICED PEARS
*CHOICE A only sent to MEALS ON WHEELS CLIENTS	21	22	23	24	25
	BBQ RIBLETT WHEAT BUN AUGRATIN POTATOES COIN CARROTS DICED PEARS	PEPPER STEAK MASHED POT/GRAVY PEAS WHEAT BREAD - 2 CHILLED PINEAPPLE	ITAL. CHIX SALAD W\GREENS CARROTS, EGGS, CUKES TOMATOES, CHEESE DINNER ROLL\BUTTER FRUIT JUICE	A.) CHEESEBURGER WHEAT BUN TATOR TOTS BAKED BEANS JELLO W\ FRUIT B.) HAM/VEGETABLE	MOSTACCIOLI W\MEATSAUCE BRUSSELL SPROUTS SCAND. BLEND VEGGIES GARLIC BREAD APRICOTS
THERE ARE NO SUBSTITUTIONS	28	29	30		
	CHICKEN STRIPS SEAS. POTATO WEDGES PEAS DINNER ROLL DICED PEARS BBQ PC	BAKED ZITI W\MEATSAUCE ITALIAN BLEND VEG. GARLIC BREAD HOT APPLESAUCE	A.) MEATLOAF MASHED POT/GRAVY GLAZED CARROTS DINNER ROLL PEACH COBBLER B.) LIVER & ONIONS		8 oz. Low Fat Milk served with all lunches. 