



Country Neighbor Program

Orwell Site 440-437-6311

# September Menu 2018

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Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
<b>Closed in Observance of Labor Day</b>	Chicken Paprikash Over Noodles Cheesy Cauliflower Waldorf Salad Juice	BBQ Pork Chop Rice Pilaf Mixed Vegetables Carrot Raisin Salad Juice	Mac & Cheese Steamed Broccoli Tossed Salad Mixed Fruit	Ham & Swiss on Bun Potato Corn Chowder Watermelon Cup Juice
10	11	12	13	14
Spaghetti W/Meatballs Green Beans Tossed Salad Peaches Garlic Bread	Kielbassa & Sauerkraut Mashed Potatoes/Gravy Peas Hawaiian Coleslaw Mixed Fruit	Chicken Cordon Blue Casserole Buttered Carrots Tomato Cucumber Salad Peaches	Meatloaf Mashed Potatoes W/Gravy Brussel Sprouts Broccoli Salad Juice	Vegetable Beef Soup Turkey & Swiss on Wrap W/Lettuce Ambrosia Juice
17	18	19	20	21
Beef Stir Fry Stir Fry Vegetables Rice Beet Salad Applesauce	Chicken Tortellini Soup Egg Salad Sandwich Ambrosia Cheesy Garlic Biscuit Juice	Taco Salad W/Meat, Cheese, Lettuce, Tomato, Sr. Cream Spanish Rice Refried Beans Juice	Ham Cheesy Potatoes Harvard Beets Italian Cucumber Salad Baked Apples	Baked Penne Pasta W/Meat Sauce & Cheese Italian Salad Spinach Spiced Pears
24	25	26	27	28
Lasagna Green Beans Tossed Salad Mixed Fruit Garlic Bread	Italian Sausage W/Peppers & Onions on Bun Baked Potatoes W/Broccoli/Cheese/Sr Cream Fruit Fluff	Beef Tips & Gravy Mashed Potatoes Buttered Beets Pea Salad Juice	Creamed Chicken over Biscuit Peas & Carrots Tossed Salad Peaches	Cheeses Burger on Bun Pierogi W/Sour Cream Lima Beans Corn Coleslaw Juice
	To request ingredient information, please contact Country Neighbor at 440-437-6311		Milk and bread served with all meals.	3 oz. Protein 4 oz. Fruit 4 oz. Vegetable 3 oz. Starch 2 oz. Grain 8 oz. Casserole

Menu meets nutritional needs of healthy adult: \_\_\_\_\_