

Allegany County Office for the Aging Senior Nutrition Program

(585) 268-9390 (Toll Free - 1-866-268-9390)

September 2022

Monday	Tuesday	Wednesday	Thursday	Friday
<p align="center">29</p> <p>Four Bean Salad Turkey Ala King over WG Biscuit Italian Blend Vegetables Fruit Cocktail</p>	<p align="center">30</p> <p>Tomato & Cucumber Salad Goulash French Green Beans Warmed WG Roll w/Butter Mandarin Oranges</p>	<p align="center">31</p> <p>Juice Chicken Fricassee over Egg Noodles California Blend WG Roll Blueberry Crisp</p>	<p align="center">1</p> <p><u>Labor Day Special</u> Watermelon BBQ Pulled Pork w/ WG Bun Baked Beans Summer Squash Cherry Crisp</p>	<p align="center">2</p> <p>Peaches & Cottage Cheese Tuna Noodle Casserole Peas & Carrots WG Bread Cinnamon Apple Slices</p>
<p align="center">5</p> <p>Closed</p> <p>Labor Day</p>	<p align="center">6</p> <p>Pineapple Scalloped Potatoes & Ham Petite Peas WG Roll Banana Bread w/ Frosting</p>	<p align="center">7</p> <p>Fruited Gelatin Sloppy Joes w/ WG Bun Broccoli Cheese Soup Steamed Carrots Tapioca Pudding</p>	<p align="center">8</p> <p>Cranberry Sauce Roast Turkey w/Gravy over Stuffing Mashed Sweet Potatoes Green Bean Casserole WG Roll Apple Crisp</p>	<p align="center">9</p> <p>Cucumber Salad Lasagna Steamed Broccoli Warmed WG Roll w/Butter Peaches Chocolate Chip Cookie</p>
<p align="center">12</p> <p>Fresh Apple Chicken & Biscuits Mashed Potatoes w/Gravy Carrots Oatmeal Raisin Cookie</p>	<p align="center">13</p> <p>Broccoli Salad Sweet & Sour Pork over Brown Rice Stir-Fry Vegetables WG Bread Pears</p>	<p align="center">14</p> <p>Fruit Cocktail Macaroni & Cheese Stewed Tomatoes Broccoli WG Roll Blueberry Crisp</p>	<p align="center">15</p> <p>Peaches Ham & Broccoli Frittata Italian Green Beans Cauliflower WG Bread Zucchini Bread w/Frosting</p>	<p align="center">16</p> <p>Fresh Navel Orange Chili Spinach Cornbread Pumpkin Bar</p>
<p align="center">19</p> <p>Pineapple Meatloaf w/Gravy Sour Cream & Chive Mashed Potatoes Corn WG Roll Carrot Raisin Bread w/Frosting</p>	<p align="center">20</p> <p>Tossed Salad w/ Italian Dressing Stuffed Shells French Green Beans Warmed WG Roll w/Butter Apple Slices</p>	<p align="center">21</p> <p>Tropical Fruit Breaded Fish w/ Tartar Sauce Baked Potato w/ Sour Cream WG Roll Pumpkin Bread w/ Cream Cheese Frosting</p>	<p align="center">22</p> <p>Fruited Gelatin Seasoned Baked Chicken w/ Gravy over Brown Rice Brussel Sprouts Harvard Beets Rye Bread Citrus Angel Cake</p>	<p align="center">23</p> <p>Pea & Carrot Salad Swedish Meatballs Buttered Noodles Lima Beans Quick Bran Bread Mandarin Oranges</p>
<p align="center">26</p> <p>Applesauce Cabbage Casserole Mashed Potatoes Rye Bread Butterscotch Pudding</p>	<p align="center">27</p> <p>Navel Orange Spanish Rice Black Beans Garlic Cauliflower WG Roll Sugar Cookie</p>	<p align="center">28</p> <p>Peaches Roast Pork w/Gravy over Stuffing Creamed Peas Strawberry Shortcake w/ Whipped Topping</p> <p>Sites – Birthday Cake</p>	<p align="center">29</p> <p>Tossed Salad w/ Ranch Dressing Spaghetti w/ Meatballs Spinach Warmed WG Roll w/Butter Pineapple</p> <p>Sites – Birthday Cake</p>	<p align="center">30</p> <p>Fruit Cocktail Chicken Breast Supreme over Egg Noodles Glazed Carrots WG Roll Raisins</p>

