

FDL County Senior Dining Program Menu for August 29 thru September 29, 2011

Meals are served at the Fond du Lac Senior Center Monday—Thursday at 11:45 a.m.
Registration is required at least one day in advance by 1 p.m. either by signing up at meal site or calling 929-3937.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
<p><u>August 29</u> Pork Chops Gravy Bread Dressing Baby Whole Carrots Lime Cottage Cheese Salad Ice Cream Russian Rye Bread</p>	<p><u>August 30</u> Southern Fried Chicken Whipped Potatoes Gravy Broccoli Apricots Prune Cake Dinner Roll</p>	<p><u>August 31</u> Spaghetti with Meat Sauce French Cut Green Beans Parmesan Cheese Tossed Salad-Italian Dressing Cherry Crisp Vienna Bread</p>	<p><u>September 1</u> BBQ Rib O'Brien Potatoes California Blend Vegetables 3 Bean Salad Peanut Butter Cookie White Bread</p>
<p><u>September 5</u> LABOR DAY THE SENIOR CENTER IS CLOSED AND NO MEALS ARE SERVED</p>	<p><u>September 6</u> Pizza Casserole Rivera Blend Vegetables Peaches Strawberry Shortcake White Bread</p>	<p><u>September 7</u> Ring Bologna Ketchup German Potato Salad Red Cabbage Under the Sea Salad Fresh Fruit Cornbread Muffin</p>	<p><u>September 8</u> Honey Baked Chicken Red Jacket Potatoes Mixed Vegetables Pea and Cheese Salad Ranger Cookie Wheat Bread</p>
<p><u>September 12</u> Salisbury Steak in Gravy Garlic Mashed Potato Wisconsin Blend Vegetables Cucumber Salad Butterscotch Pudding Sourdough Bread</p>	<p><u>September 13</u> Roast Pork Loin Dumpling Gravy Garden Blend Vegetables Pineapple Rings Carrot Cake with Cream Cheese Frosting Rye Bread</p>	<p><u>September 14</u> Meatloaf with Ketchup Baked Potatoes Sour Cream Tomato / Zucchini Applesauce Lazy Daisy Cake Vienna Bread</p>	<p><u>September 15</u> Turkey Herb Dressing Gravy Brussels Sprouts Cranberry Sauce Pumpkin Bar Whole Wheat Roll</p>
<p><u>September 19</u> Baked Ham AuGratin Potatoes Wax Beans Tossed Salad-French Dressing Pineapple Upside Down Cake Dark Rye Bread</p>	<p><u>September 20</u> Macaroni & Cheese Winter Mix Vegetables Tropical Fruit Lemon Bar Bran Muffin</p>	<p><u>September 21</u> BBQ Chicken Parsley Potatoes Honey Glazed Carrot Mixed Fruit Salad Molasses Cookie White Bread</p>	<p><u>September 22</u> Tender Beef Steaks Mushroom Gravy Whipped Potatoes Country Blend Vegetables Spiced Pear Jello Banana Cake Sourdough Bread</p>
<p><u>September 26</u> Beef Stew over Dumpling Garden Blend Vegetables Pickled Beet Salad Fresh Fruit Wheat Bread</p>	<p><u>September 27</u> Veal Parmesan Pasta in Red Sauce Italian Green Beans Tossed Salad-Ranch Dressing Vanilla Pudding Wheat Bread</p>	<p><u>September 28</u> Pork Steak Whipped Potatoes Gravy Peas and Carrots Creamy Coleslaw Sherbet White Bread</p>	<p><u>September 29</u> Chili Mac Sliced Cheese Crackers Capri Blend Vegetables Fruit for Salad German Apple Cake Rye Bread</p>

*Menus are subject to change
 *2% Milk and Margarine included with each meal

*Esther Mukand-Cerro, R.D., C.D.
 Alyson Koehn F.S.D.*