


All meals include milk.

**THE OLDER AMERICANS ACT NUTRITION PROGRAM – Please give whatever you can; help us help others.**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
NOTE: Please call the Romney Senior Center for any home delivered meal questions or concerns.				<b>1</b> Tuna Salad Sandwich Potato Salad Cherry Tomatoes Cottage Cheese Pineapple Chunks, Dessert
<b>4</b> HAPPY LABOR DAY!  NO MEAL SERVICES	<b>5</b> Meatball Sub w/Sauce & Cheese Pea Salad Potato Wedges Fruit, Pudding	<b>6</b> Chicken Cacciatore w/ Tomato Sauce Pasta, Garlic Bread Salad Greens w/Tomatoes Fruit & Dessert	<b>7</b> BBQ Pork on Wheat Bun Mac & Cheese Baked Beans Coleslaw Pineapple Chunks	<b>8</b> Salisbury Steak w/Gravy Mashed Potatoes Broccoli Wheat Roll Grapes, Dessert
<b>11</b> Chicken Salad on W. Bun Cottage Cheese w/Cherry Tomatoes Carrot & Celery Sticks w/Dip Peach Crisp	<b>12</b> Beef Tip Stroganoff Egg Noodles California Blend Veggies Lima Beans Applesauce, Cookie	<b>13</b> Lasagna w/Meat Sauce Garlic Wheat Bread Green Beans Salad Greens w/Beets Pudding	<b>14</b> Sausage Gravy w/Biscuit Cheese Omelet Hash Browns Cooked Spinach Fresh Fruit	<b>15</b> Chicken Noodle Soup w/ Veggies Egg Salad Sandwich Cherry Tomatoes Fruit, Brownie
<b>18</b> Fish Fillet w/Wheat Bun California Blend Veggies Spinach Salad w/Beets Applesauce	<b>19</b> Chili Dog w/Bun Baked Beans Potato Wedges Yogurt Fruit Cocktail	<b>20</b> Fried Chicken Breast Scalloped Potatoes Cooked Carrots Wheat Roll Fruit, Cookie	<b>21</b> Shredded Chicken Taco Salad Refried Beans, Cornbread Mexican Corn Tortilla Chips Peaches	<b>22</b> Hobo Beans Stewed Tomatoes Broccoli Biscuit Orange Juice, Dessert
<b>25</b> Spaghetti w/Meat Sauce Garlic Wheat Bread Cooked Spinach Fruit Ice Cream	<b>26</b> Cheeseburger w/Lettuce & Tomato Crinkle-Cut Fries 3 Bean Salad Potato Chips	<b>27</b> HOLIDAY MEAL Baked Ham w/Pineapple Sweet Potatoes Carrot Raisin Salad Wheat Roll Cake w/Fruit Topping TC	<b>28</b> Honey Mustard Chicken Macaroni Salad Peas & Corn Carrot Sticks w/Dip Fresh Fruit	<b>29</b> BBQ Beef Riblets Au Gratin Potatoes Salad w/Tomatoes Tropical Fruit Wheat Bread Cookie
If schools are closed due to road conditions, senior centers and meal services are closed. If schools are on a 2 hour delay, we will be open.			If schools are dismissing early, we will be closed.	
				<u>Menu is subject to change.</u>