

SEPTEMBER 2023**Romney Senior Center: 304-822-2465**

Administration Office: 304-822-4097

All meals include milk.

Lunch served at 12 noon.

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p>goodbye, august</p> <p>hello, september</p>			1
4 HAPPY LABOR DAY! NO MEAL SERVICES	5	6 Chicken Cacciatore w/ Tomato Sauce Pasta, Garlic Bread Salad Greens w/Tomatoes Fruit & Dessert	7 BBQ Pork on Wheat Bun Mac & Cheese Baked Beans Coleslaw Pineapple Chunks	8
11 Chicken Salad on W. Bun Cottage Cheese w/Cherry Tomatoes Carrot & Celery Sticks w/Dip Peach Crisp	12	13 Lasagna w/Meat Sauce Garlic Wheat Bread Green Beans Salad Greens w/Beets Pudding	14 Sausage Gravy w/Biscuit Cheese Omelet Hash Browns Cooked Spinach Fresh Fruit	15
18 Fish Fillet w/Wheat Bun California Blend Veggies Spinach Salad w/Beets Applesauce	19	20 Fried Chicken Breast Scalloped Potatoes Cooked Carrots Wheat Roll Fruit, Cookie	21 Shredded Chicken Taco Salad Refried Beans, Cornbread Mexican Corn Tortilla Chips Peaches	22
25 Spaghetti w/Meat Sauce Garlic Wheat Bread Cooked Spinach Fruit Ice Cream	26	27 HOLIDAY MEAL Baked Ham w/Pineapple Sweet Potatoes Carrot Raisin Salad Wheat Roll Cake w/Fruit Topping TC	28 Honey Mustard Chicken Macaroni Salad Peas & Corn Carrot Sticks w/Dip Fresh Fruit	29
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.

Menu is subject to change.

ACTIVITY CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Many activities available, including games, puzzles, exercise equipment and a billiard room			LABOR DAY 	1 Center is open : 10 am—2 pm Mon, Wed and Thurs
4 HAPPY LABOR DAY! ALL SERVICES CLOSED	5	6 10:30AM-11:30AM BINGO! Cost: 1 NonPerishable Item	7	8
11 11:00AM Card Sharks Club	12	13	14	15
18 11:00AM Card Sharks Club	19	20 10:30AM-11:30AM FAMILY FEUD GAME DAY! Richard Dennis Attorney General's Office 11:30	21 FLU CLINIC 11:00– 12:00 COME GET VACCINATED!	22
25 11:00AM Card Sharks Club	26	27 END OF SUMMER LUAU!  10:30-12:00	28	29