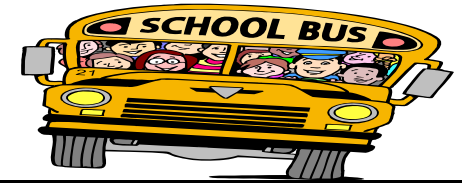



September 2011



Mon	Tue	Wed	Thu	Fri
	Carbondale Senior Center 282-6167 Mid Valley Senior Center 489-4415	West Side Senior Center 961-1592 ext 101 South Side Senior Center 346-2487	1 Labor Day Celebration Hamburger on a Roll, Pasta Salad, Bean Salad & Fresh Fruit	2 Soup of the Day, Tuna Salad on Rye Bread & Sliced Peaches
5 Labor Day Centers Closed 	6 Chicken Parmesean, Whipped Potatoes, Italian Flat Beans, Italian Bread & Fresh Fruit	7 Roast Pork with Gravy, Mashed Potatoes, Sauerkraut, a Roll & Applesauce	8 Stuffed Chicken Breast with Broccoli & Cheese, Rice Pilaf, Corn, Bread & Pears	9 Cheese Pizza, Garden Salad, Juice & a Banana
12 Chicken Tenders, Buttered Rice, Broccoli & Cauliflower, Bread & Chocolate Pudding	13 Taco Salad with Salsa, Tortilla Chips, Sour Cream, Pineapple Tidbits & Cake	14 Sausage & Peppers, Italian Bean Salad, Italian Bread, Nilla Wafers	15 Pierogies with Butter & Onions, Cottage Cheese with Sliced Peaches, Green Beans, Bread & an Orange	16 Egg Salad on Rye Bread, Pickled Beets & Fruit Cocktail
19 Beef Stew, Green Beans, Buttermilk Biscuits, & Fresh Fruit	20 Baked Ham, Sweet Potatoes, Corn, Bread & Rice Pudding	21 Vegetable Lasagna, Tossed Salad, Italian Bread & Tropical Fruit Salad	22 Roast Beef, Baked Potato, Mixed Vegetables, Bread & Chocolate Chip Cookies	23 Broiled Fish, Tater Tots, Wax & Green Beans, Bread & Fresh Fruit
26 Swedish Meatballs over Egg Noodles, Peas & Carrots, Bread & Cookies	27 Soup of the Day, Turkey & Cheese on a Hard Roll with Lettuce & Tomato, Cinnamon Applesauce	28 Ravioli with Meat Sauce, Tossed Salad, Italian Bread & Vanilla Pudding	29 Stuffed Cabbage, Mashed Potatoes, Peas, Whole Wheat Bread & Fresh Fruit	30 Macaroni & Cheese Casserole, Zucchini & Tomatoes, Pineapple Tidbits, Rye Bread & a Banana