

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	<p align="center">SEPTEMBER 2019</p> <p align="center">Stanislaus County Senior Nutrition Program</p> <p align="center"><u>ARE YOU 60 OR OLDER?</u></p> <p align="center">ENJOY A NOON MEAL WITH OTHER SENIORS AT:</p> <p>Gladys Lemmon Senior Center Oakdale (209) 480-3759</p> <p>Modesto Senior Center (209) 480-4337</p> <p>Mancini Hall -Modesto (209) 480-4389</p> <p>United Community Center - Grayson (209) 480-5709</p> <p>Hammon Senior Center - Patterson (209) 480-6371</p> <p>Hughson Community Center (209) 480-4508</p> <p>Riverbank Community Center (209) 480-6690</p> <p>Please call at least one day in advance to reserve a meal. Suggested Donation: \$3.00 per meal \$5.50 per guest No eligible individual shall be denied participation because of failure or inability to contribute</p>
2 Labor Day Holiday	3 Mushroom Chicken Brown Rice *Sauteed Spinach Green Beans +Honeydew	4 Soft Beef Tacos Refried Beans *Carrot Coins +Orange Slice	5 Green Chili Egg Puff +Coleslaw w/Red Peppers *CA Blend Mixed Vegetables Tortilla Seasonal Fresh Fruit	6 Beef Patties w/ Brown Gravy Mashed Potatoes +Brussels Sprouts Pineapple Chunks WW Bread w/margarine	
9 Chili Beans *CA Mixed Vegetables Romaine Salad +Cantaloupe Slices Cornbread w/margarine	10 Hamburger on WW Bun *Sweet Potato Wedges Romaine Salad +Honeydew Ketchup/Mustard/Mayo	11 Chicken Strips Corn Green Peas +Oranges Slices	12 Beef Stew *Spinach Salad w/kidney beans +Mandarin Oranges WW Roll with margarine	13 Ham Sandwich on Whole Grain Rye +Potato Salad Green Salad Seasonal Fresh Fruit	
16 Italian Sausage Bake Romaine Salad +Brussels Srouts +Cantaloupe Garlic Bread	17 Chicken Vegetable Stir Fry Brown Rice *Spinach Salad +Mandarin Oranges	18 Beef Macaroni Casserole Green Beans *CA Mixed Vegetables +Orange Slices	19 Crustless Vegetable Quiche Red Potato Wedges *Carrot Coins +Honeydew	20 Tuna Salad Sandwich Green Salad Tomato/Cucumber Salad +Orange Juice	
23 Chicken Fajitas w/onions and bell peppers Corn Brown Rice +Orange Slices Flour Tortilla	24 Sloppy Joes on WW Bun Red Potatoes +Coleslaw w/bell peppers *Apricot Halves	25 Roast Pork *Sweet Potatoes CA Mixed Vegetables + Honeydew WW Bread w/margarine	26 BBQ Chicken Red Potatoes Tossed Green Salad w/dressing +Orange Juice	27 Lemon Pepper Tilapia Brown Rice *Sauteed Spinach Romaine Salad w/dressing Diced Pears	
30 Meatloaf Mashed Potatoes w/gravy *Peas and Carrots +Mandarin Oranges Whole Wheat Roll w/margarine				* Vitamin A Rich Food +Vitamin C Rich Food Protein: ~35 gm/meal avg. with milk 2% milk served with all meals High Sodium Meal (>1,000 mg)	

For more information Call – Stanislaus County Senior Information 209 558-8698 Menu approved: Sally Gerling, MS, RDN, CDE (R594002) 8/2/19