

September 2018 Clermont Seniors' menu

	Monday 3	Tuesday 4	Wednesday 5	Thursday 6	Friday 7
BOX					
LUNCH		Hamburger w/ Swiss American Cheese slice Baked Beans Broccoli Bun Pineapple Mustard / Ketchup diet: same	 Pork Cutlet w/Gravy Green Beans Beets Wheat Bread / Margarine Grape Juice 100% diet: same	 Lemon Pepper Fish w/ Tartar Sauce Brown Rice Scandinavian Veggies (2 servings) Wheat Bread / Margarine Applesauce diet: same	Broccoli Cheddar Chicken Brown Rice Oregon Vegetables Corn Wheat Bread / Margarine Fruit Cocktail diet: same
WEEK 1			Be Late for Something Day	Read a Book Day	
BOX	10	11	12	13	14
LUNCH	Roast Turkey w/Gravy Mashed Potatoes Vegetable Medley Wheat Bread / Margarine Cranberry Juice Chocolate Elf Grahams diet: same	 Chicken Potato Casserole Broccoli (2 servings) Wheat Bread (2 slices) Margarine Peaches diet: same	Swiss Steak w/ Tomatoes, Onions, & Peppers Carrots O'Brien Potatoes Wheat Bread (2 slices) / Margarine Pears diet: same	Summer Salad w/ diced Eggs, Shredded Cheese, Grape Tomatoes, Broccoli Floret, Unsalted Saltine Crackers (2 pk) Ranch Dressing Orange Juice 100% Animal Crackers diet: same	Grilled Chicken w/BBQ Sauce Potato Wedges Cheesy Broccoli Bun Applesauce diet: same 
WEEK 2		911 Remembrance			National Cream-Filled Donut Day
BOX	17	18	19	20	21
LUNCH	 Spaghetti & Meatballs w/ Marinara Italian Vegetables Spinach / Vinegar Wheat Bread / Margarine Peaches Parmesan Cheese diet: same Constitution Day	Smoked Turkey Sausage w/ Sauerkraut Mashed Potatoes Green Beans Rye Bread (2 pcs) Fruit Cocktail Mustard / Ketchup diet: same	 Salisbury Steak w/Gravy Whipped Sweet Potatoes Mixed Vegetables Wheat Bread (2 slices) Margarine Peaches diet: same National Talk Like a Pirate Day	American Pasta Salad w/ diced Egg, Broccoli, Grape Tomatoes, Shredded Carrots Rotini Noodles, Ranch Dressing Cranberry Juice Animal Crackers diet: same	 Cheese Pizza Peas & Onions Carrot Coins Apple Juice 100% Chocolate Sponge B'day Cake diet: same Happy September Birthday!
WEEK 3					
BOX	24	25	26	27	28
LUNCH	 Meatloaf w/ Gravy Mashed Potatoes diced Carrots Wheat Bread (2 pcs) Margarine Fruit Cocktail diet: same National Cherries Jubilee Day	Rosemary Chicken Potato Wedges Vegetable Medley Wheat Bread (2 slices) Margarine Applesauce diet: same	Chili w/ Spaghetti Vegetable Medley (2 servings) shredded Cheddar Cheese Unsalted Saltine Crackers (2 pk) Pears diet: same Johnny Appleseed Day	 Chicken Salad Sandwich on Wheat Potato Salad Cole Slaw Peaches diet: same	Beef Vegetable Stew carrots/ red skin potatoes Green Beans (2 servings) Dinner Roll / Margarine Pineapple diet: same 
WEEK 4					National Good Neighbor Day
	 <p>Autumn Begins Saturday September 22nd</p>		September in History 945 - President Truman proclaims V-J Day upon the surrender of the Japanese 9/3/1783 - Treaty of Paris signed that ended the American Revolutionary War 9/9/1776 - The U.S.A. came into existence as 9/6/1620 - The Mayflower ship departed from		 <p>Complete meal consists of: 3 oz. Protein, 2 servings of Vegetables (1/2 cup ea.), 1 serving of Fruit (1/2 cup) or Juice (4 oz.), 2 servings of Bread/Starch, and 8 oz. Milk (1/2 pint)</p> 

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