






# September Menu 2023



Lunch is a suggested voluntary contribution of \$3.00

Serving adults 60 years and older

Monday	Tuesday	Wednesday	Thursday	Friday
<p><i>*To order an alternative, advanced notice by the Wednesday before the week of the change is required.</i></p> <p><b>The salt &amp; pepper shakers indicate a meal that contains more than 1000 mg of sodium</b></p> 	<p><b>Alternative meal options:</b></p> <ul style="list-style-type: none"> <li>• Creamy Carrot Soup</li> <li>• Spinach Ravioli with Alfredo Sauce</li> <li>• Clam Chowder</li> <li>• Broccoli Cheddar Soup</li> </ul> <p><i>*Alternatives subject to availability</i></p>			<p>1</p> <p>Chile Relleno Spanish Rice Roasted Corn Pineapple Chunks Milk</p>
<p>4</p> <p><b>Labor Day Holiday</b></p>	<p>5</p> <p>Vegetarian Minestrone Soup Cottage Cheese w/ Fresh Seasonal Fruit Oyster Crackers Oatmeal Date Bar Milk</p>	<p>6</p> <p>Chili Dog on Whole Grain Bun with Diced Onion, Shredded Cheese and Tomato French Fries Fresh Peach Milk</p> 	<p>7</p> <p>Salisbury Steak &amp; Sautéed Onions Roasted Sweet Potatoes Green Beans Orange Whole Grain Bread Milk</p>	<p>8</p> <p>Macaroni and Cheese with Bacon Roasted Brussel Sprouts Whole Grain Dinner Roll Fresh Juicy Pear Milk</p>
<p>11</p> <p>Baked Salmon with Dill Sauce Wild Rice Green Beans Mixed Fruit Cup Milk</p>	<p>12</p> <p>Roast Beef with Mashed Potatoes and Gravy California Blend Vegetables Fresh Plum Marbled Rye Bread Milk</p>	<p>13</p> <p>Chicken Salad on a Bed of Greens Whole Wheat Roll Juicy Pineapple Sugar Cookie Milk</p>	<p>14</p> <p>Spaghetti w/ Chunky Marinara and Meat Sauce Italian Blend Vegetables Whole Grain Breadstick Fresh Juicy Grapes Milk</p>	<p>15</p> <p>Chicken Tamale Pie Black Beans Fresh Steamed Broccoli Apricots Milk</p>
<p>18</p> <p>Chicken Marsala Wild Rice California Blended Vegetables Ambrosia Salad Milk</p>	<p>19</p> <p>BBQ Pork Ribs Mixed Vegetables Tuscan Beans Fresh Crisp Apple Fig Newton Cookies Milk</p>	<p>20</p> <p>Chicken Taco Salad with Corn Tortilla Chips, Cheese, Pico De Gallo and Sour Cream Fresh Nectarine Milk</p>	<p>21</p> <p>Western Beef, Bacon and Bean Casserole Fresh Steamed Green Beans Fresh Strawberries and Shortcake Milk</p> 	<p>22</p> <p>Spinach Wrap with Turkey, Field Greens and Blue Cheese Spread Potato Chips Mandarin Oranges Milk</p>
<p>25</p> <p>Chicken Cordon Bleu Oven Baked Yams Broccoli Florets Pear Fruit Cup Milk</p>	<p>26</p> <p>Tortellini with Mushroom Sauce Honey Cinnamon Carrots Whole Wheat Dinner Roll Pineapple Chunks Milk</p>	<p>27</p> <p>Shepherd's Pie with Ground Turkey and Vegetable Blend Fresh Orange Oatmeal Cookie Milk</p>	<p>28</p> <p>Garlic Rosemary Roasted Pork Roasted Red Potatoes Broccoli Florets Mini Cinnamon Roll Fresh Crisp Apple Milk</p>	<p>29</p> <p>Baked Cod with Pineapple Salsa Fresh Summer Squash Fluffy Couscous Fresh Peach Raspberry Shortbread Cookies Milk</p>

To cancel a meal or to be placed on hold, please call the day before or **NO LATER THAN 8 AM.**

To order an alternative, advanced notice by the Wednesday before the week of the change is required.

Home delivered meals should be eaten immediately or refrigerated to avoid spoilage.

Service is subject to interruption due to weather or power outages. Menu is subject to change.

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**For South Lake Tahoe**  
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