

# LUNCH CALENDAR

SEPTEMBER, 2022

Whole grain bread or an alternate and 2% milk are offered with each meal. Luncheon reservations are required. Menu is subject to change. The Fulton County Meal Program is financed with meal donations, local levy funds, and AOoA grant funding. Ingredient information is available upon request.

Meal Reservations: 419-337-9299

**SUGGESTED DONATION: \$3.00. LUNCH SERVED AT NOON.**

**Checks Payable to: Fulton County Senior Center**

LS Alt = Lower Sodium Alternative **(Items must be ordered at least one week in advance)**

LF Alt = Low Fat Alternate **(Items must be ordered at least one week in advance)**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			Chicken Alfredo Pasta Peas w/Onions Steamed Carrots Tropical Fruit <b>1</b>	Baked Ham (LS Alt=Pork Roast) Scalloped Potatoes Brussels Sprouts Baked Apples <b>2</b>
CLOSED FOR LABOR DAY <b>5</b>	Chicken Breast Sandwich Cheesy Potatoes Mixed Vegetables Fresh Fruit Ice Cream <b>6</b>	Goulash Cooked Cabbage Peas & Mushrooms Bananas <b>7</b>	Braised Beef Tips Egg Noodles Green Beans Pineapple Casserole Juice <b>8</b>	Sausage Patty Sandwich O'Brien Potatoes Butter Beans Mandarin Oranges <b>9</b>
Lasagna Steamed Broccoli Cream Style Corn Pears Granola Bars <b>12</b>	Potato Soup Chicken Salad Sandwich Pea Salad Jell-O <b>13</b>	BBQ Beef Sandwich Roasted Potatoes Cole Slaw Fruit Crunch <b>14</b>	Hamloaf (LS Alt=Meatloaf) Sweet Potatoes Malibu Blend Mixed Fruit <b>15</b>	Baked Fish Macaroni & Cheese Stewed Tomatoes Fresh Fruit Juice <b>16</b>
Roast Turkey Mashed Potatoes Peas Orange-Cranberry Relish <b>19</b>	Chili w/Beans Mexican Style Rice Seasoned Corn Pineapple Juice <b>20</b>	Chicken & Noodles Mashed Potatoes Green Beans Peaches Yogurt <b>21</b>	Steamed Franks (LS Alt=Chicken Breast) Baked Beans California Blend Fresh Fruit <b>22</b>	Cold Plate Seafood Salad Sandwich Broccoli Slaw Pickled Beets Cottage Cheese w/Fruit <b>23</b>
Pub Burgers Seasoned Potato Wedges Mixed Vegetables Ambrosia <b>26</b>	Baked Chicken Mashed Potatoes Carrots Fresh Fruit <b>27</b>	Rib Patty Sandwich Succotash Cole Slaw Applesauce <b>28</b>	Hamburger Gravy Mashed Potatoes Peas & Carrots Plums Cookies <b>29</b>	Smoked Sausage w/Sauerkraut (LS Alt=Turkey Franks) Smashed Red Potatoes Winter Squash Orange Sections <b>30</b>