

LUNCH CALENDAR

SEPTEMBER, 2023

Whole grain bread or an alternate and 2% milk are offered with each meal. Lunch reservations are required at least 24 business hours in advance. **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

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

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

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

Checks Payable to: Fulton County Senior Center

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				Breaded Chicken Strips 1 O'Brien Potatoes Peas & Carrots Tropical Fruit
SITES CLOSED FOR LABOR DAY 4	Teriyaki Chicken 5 Fried Rice Asian Blend Vegetables Pineapple Juice	Sausage Patty Sandwich 6 Rosemary Potatoes Mixed Vegetables Fruit Salad	Beef & Cabbage Soup 7 Tossed Salad Macaroni Salad Cheese Cubes Watergate Salad	Pot Roast 8 Boiled Potatoes Carrots Fresh Fruit
Chicken Alfredo Pasta 11 Steamed Broccoli Buttered Beets Peaches	Breaded Pork Chop 12 Mashed Potatoes Brussels Sprouts Applesauce	Cheese Burgers 13 Seasoned Potato Wedges Normandy Blend Vegetables Fresh Fruit	Biscuits & Gravy 14 Hash Brown Casserole Succotash Mandarin Oranges Yogurt	Chicken Salad Sandwich 15 Marinated Carrots Broccoli Salad Ambrosia
Fish Sandwich 18 Macaroni & Cheese Stewed Tomatoes Cole Slaw Juice	Steamed Franks 19 (LS Alt=Chicken Breast) Baked Beans Cauliflower Fresh Fruit Iced Cake	Shepherds Pie 20 Cooked Cabbage Fruit Crisp	Chicken & Noodles 21 Mashed Potatoes Green Beans Apricots	Butternut Squash Soup 22 Seafood Salad Grape Salad Jell-O
Baked Chicken 25 Roasted Potatoes Malibu Blend Fresh Fruit Cookies	Cabbage Rolls 26 Mashed Potatoes Cook's Choice Vegetable Pears	Chili w/Beans 27 Mexican Style Rice Seasoned Corn Grapes Juice	Hamloaf 28 (LS Alt=Meatloaf) Sweet Potatoes Peas w/Mushrooms Pineapple	Creamed Chicken 29 Over Biscuits Winter Blend Vegetables Applesauce