

Deliver a Difference



SENIOR MEALS OF COÖS COUNTY

NUTRITION · EVENTS · COMMUNITY · EDUCATION
TRI-COUNTY COMMUNITY ACTION, INC

September 2020, Menu

<p>Suggested Donation \$3.00 per meal <u>752-2545</u></p>	<p>1 Chicken pot pie Green Beans Pineapple upside down cake</p>	<p>2 Beef & broccoli stir fry w/Fried rice Sauteed cabbage Berry Crisp</p>	<p>3 Ham w/sauce Sweet Potato Squash Rice pudding</p>	<p>4 Tuna Casserole Carrots Fresh fruit</p>
<p>7 CLOSED LABOR DAY</p>	<p>8 Hamburg stew w/biscuit Normandy blend veg Carrot cake</p>	<p>9 Maple glazed chicken Mashed potato Mixed vegetable Jello w/fruit</p>	<p>10 Lasagna Italian style veg Chocolate Cream pie</p>	<p>11 Chef's choice Vegetable & Fresh fruit</p>
<p>14 Chicken parmesean w/ spaghetti Brussel sprouts Mixed Fruit</p>	<p>15 BBQ Kielbasa Tator tots Green Beans Bread Pudding</p>	<p>16 Mushroom Swiss burger, chips, pickles, tomato, cucumber salad Apple crisp</p>	<p>17 Roast Pork w/gravy Mashed potato Carrots Ice box cake</p>	<p>18 Chili Macaroni Cauliflower Fresh fruit</p>
<p>21 Beef pot pie Harvard beets Peaches</p>	<p>22 Chicken cacciatore Over egg noodles Spinach Tapiocca Pudding</p>	<p>23 Roast Beef w/gravy Mashed potato Green Beans Cake</p>	<p>24 Lemon Garlic chicken Mashed Potato Glazed carrots Jam bar</p>	<p>25 Beans & Franks Coleslaw Fresh fruit</p>
<p>28 Cheese pizza Cesar Salad Diced pears</p>	<p>29 Baked Fish au gratin Garlic mashed potato Peas & carrots Chocolate Mousse</p>	<p>30 Chicken Divan w/ Noodles Green Beans Pumpkin bars</p>	<p>Bread & Milk Served Daily</p>	<p>Menu subject to change without notice</p>