



ST. CHARLES AREA AGENCY ON AGING • SEPTEMBER 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Your Contributions are Greatly Appreciated.</p> <p>Please Help Your Council on Aging Help Others.</p>	 <p style="text-align: center;">First Day of Autumn SEPTEMBER 23</p>		<p>All Meals are Served With 1/2 Pint of 2% Milk.</p>	 <p style="text-align: center;">GRANDPARENTS DAY, SEPT. 9</p>
<p><u>CLOSED FOR HOLIDAY</u></p> <p style="font-size: 2em; font-weight: bold; text-align: center;">LABOR DAY</p> <p style="text-align: right;">3</p>	<p><u>LABOR DAY SPECIAL</u></p> <p>Chicken & Sausage Jambalaya Carrots Broccoli Cuts Whole Wheat Bread Raisins</p> <p style="text-align: right;">4</p>	<p>Chef Salad w/Turkey, Ham & Cheese over Salad Greens Ranch Dressing Fresh Fruit Saltine Crackers Blueberry Cake</p> <p style="text-align: right;">5</p>	<p><u>BREAKFAST SPECIAL</u></p> <p>Brkfst Sausage or Ham Grits / Biscuit Jelly / Margarine Escalloped Apples Orange Juice Fruit & Grain Bar</p> <p style="text-align: right;">6</p>	<p>Meatloaf w/Gravy Mashed Potatoes Southern Green Beans Whole Wheat Bread LD Fudge Round</p> <p style="text-align: right;">7</p>
<p>Country Meatballs Mixed Vegetables Winter Blend Vegetables Whole Wheat Bread LD Oatmeal Cookie Margarine</p> <p style="text-align: right;">10</p>	<p>Sliced Roasted Turkey w/Gravy Candied Sweet Potatoes Southern Green Beans Whole Wheat Bread Mandarin Oranges Margarine</p> <p style="text-align: right;">11</p>	<p><u>BIRTHDAY SPECIAL</u></p> <p>Chicken & Sausage Gumbo w/Rice Okra & Tomatoes Potato Salad White Dinner Roll Cake/Ice Cream Cup</p> <p style="text-align: right;">12</p>	<p>Hamburger w/Cheese on a Bun Lettuce/Tomato/Pickle Mayonnaise / Mustard Baked Beans Mixed Fruit Chocolate Milk</p> <p style="text-align: right;">13</p>	<p>Sausage & Pinto Beans w/Brown Rice Seasoned Turnip Greens Tossed Salad w/Dressing Cornbread Fresh Fruit</p> <p style="text-align: right;">14</p>
<p>Swiss Style Beef Patty w/Rice Normandy Blend Vegt Mixed Fruit Whole Wheat Bread Fruit & Grain Bar</p> <p style="text-align: right;">17</p>	<p>BBQ Pulled Pork Sandwich on a Bun Baked Beans Coleslaw Fresh Apple</p> <p style="text-align: right;">18</p>	<p><u>SPECIAL BY WH CASTLE</u></p> <p>Spaghetti w/Meatballs Buttered Cabbage Pickled Beets Garlic Bread Cardinal Citrus Mold Margarine</p> <p style="text-align: right;">19</p>	<p>Ham & Lima Beans w/Rice Strawberry Kiwi Juice Steamed Spinach Cornbread Chocolate Moon Pie</p> <p style="text-align: right;">20</p>	<p><u>FALL SPECIAL</u></p> <p>Chicken Chef Salad over Salad Greens w/Dressing Fresh Fruit Saltine Crackers Pineapple Nut Cookie</p> <p style="text-align: right;">21</p>
<p>Chicken Breast Fillet w/Gravy Mashed Potatoes Italian Blend Vegetables Whole Wheat Bread Banana Moon Pie Margarine</p> <p style="text-align: right;">24</p>	<p>Sliced Ham & Cheese Sandwich on Whole Wheat Bread Lettuce/Tomato/Pickle Mayonnaise / Mustard Carrot Raisin Salad Applesauce Cup</p> <p style="text-align: right;">25</p>	<p>Red Beans & Sausage w/Brown Rice Mustard Greens Beet/Spinach/Feta Salad Cornbread Fresh Fruit</p> <p style="text-align: right;">26</p>	<p>Hamburger on a Bun Lettuce/Tomato/Pickle Mayonnaise Mustard / Ketchup Baked Beans Cardinal Citrus Gelatin</p> <p style="text-align: right;">27</p>	<p>Smothered Bone-In Chicken Smothered Potatoes Green Beans w/Peppers White Bread Royal Brownie</p> <p style="text-align: right;">28</p>