

September 2019

Monday	Tuesday	Wednesday	Thursday	Friday
9/2 Closed HAPPY LABOR DAY	9/3 Salisbury Steak Mashed Potatoes Squash Mandarin Oranges	9/4 Teriyaki Chicken Fried Rice Cabbage Pineapple Tidbits	9/5 Baked Ham Au Gratin Potatoes Capri Blend Vegetables Tropical Fruit	9/6 Chef Salad w/Turkey, Ham & Cheese Hard Boiled Egg Diced Peaches
9/9 Penne Pasta w/Meatballs Italian Vegetables Applesauce	9/10 Chicken Cacciatore Confetti Rice California Vegetables Diced Pears	9/11 Turkey Cutlets Mashed Potatoes Broccoli & Cauliflower Diced Peaches	9/12 Chicken Caesar Salad Hard Boiled Egg Fresh Banana	9/13 Sloppy Joes Chips Cole Slaw Fresh Pear
9/16 Country Fried Steak Mashed Potatoes Mixed Vegetables Diced Pears	9/17 Chicken Salad Sandwich Carrot & Raisin Salad Potato Chips Fresh Orange	9/18 Meat Lasagna Italian Vegetables Apricot Halves	9/19 Tilapia w/Lemon Sauce Rice Pilaf Broccoli Spears Applesauce	9/20 Southwest Chicken Salad Fresh Orange Vanilla Pudding
9/23 BBQ Meatballs Mashed Potatoes Mixed Vegetables Pineapple Tidbits	9/24 Cheese Enchiladas Spanish Rice Southwestern Vegetables Tropical Fruit	9/25 Macaroni, Beef & Tomatoes Sliced Carrots Diced Peaches	9/26 BBQ Chicken Brown Rice Capri Blend Vegetables Applesauce	9/27 Hamburger Macaroni Salad Coleslaw Fresh Orange
9/30 Salisbury Steak Parsley Boiled Potatoes California Mixed Vegetables Diced Pears			Your voluntary contribution of \$3.00 per meal helps us to continue providing you with a nutritious meal	

Milk, bread and margarine served at every meal

Menus may be subject to change

If you have any question regarding the meal or service, please contact **Sodexo at 951-827-3613**.

If you have any questions for our Registered Dietitian, please contact Vanh Bender at Vanh@healthylivingconsulting.net.

All Meals Funded By Office On Aging 1-800-510-2020

Congregate Site Reservations may be made at Sodexo Main Office: 951-827-3613 by 2pm the business day before

Temecula	951-694-6464	Murrieta	951-461-6123	Goeske	951-351-8801	Mead Valley	951-210-1580
Villegas	951-351-6142	Lake Elsinore	951-674-2526	Good Hope	951-943-9126		
Stratton	951-826-5355	Norco	951-270-5638				