

SEPTEMBER 2024

Monday	Tuesday	Wednesday	Thursday	Friday
				
<p>2</p> <p>Baked breaded cod, brown rice, green beans w/ tomato, golden mandarin beet salad, fruit</p>	<p>3</p> <p>Baked breaded cod, brown rice, green beans w/ tomato, golden mandarin beet salad, fruit</p>	<p>4</p> <p>Chicken pot pie w/ mixed veggies, roll, green salad, fruit</p>	<p>5</p> <p>Baked pork chop w/ mushroom gravy, mashed potatoes, mixed veggies, fruit</p>	<p>6</p> <p>Beef & broccoli, mixed veggies, roll, green salad, fruit</p>
<p>9</p> <p>Krab cake, couscous, mixed veggies, carrot raisin salad, fruit</p>	<p>10</p> <p>B.B.Q. chicken, mixed veggies, pasta salad, fruit</p>	<p>11</p> <p>Lentil soup w/ carrots & red bell pepper, roll, cauliflower w/ carrots, green salad w/ egg, fruit</p>	<p>12</p> <p>Meatloaf (beef) w/ tomato sauce, corn, mashed potatoes, fruit</p>	<p>13</p> <p>Baked seasoned pork chop, mashed sweet potatoes, cauliflower, fruit</p>
<p>16</p> <p>Crispy oven chicken, wild rice, green beans, broccoli raisin salad, fruit</p>	<p>17</p> <p>Meatloaf (beef) w/ gravy, mashed potatoes, peas & carrots, fruit</p>	<p>18</p> <p>Chicken cacciatore w/ marinara sauce, onion, bell peppers & mushrooms, pasta, green salad, fruit</p>	<p>19</p> <p>Battered cod, white rice, mixed veggies, apple celery slaw, fruit</p>	<p>20</p> <p>Spinach enchilada casserole, corn tortilla, Spanish rice, green salad w/ egg, fruit</p>
<p>23</p> <p>Krab cake, brown rice, honey glazed carrots, coleslaw, fruit</p>	<p>24</p> <p>Pizza w/ marinara sauce, cheese, tomato, mushrooms, green beans & cauliflower, green salad, fruit</p>	<p>25</p> <p>Seasoned meatballs (beef), pasta, mixed veggies, green salad, fruit</p>	<p>26</p> <p>Baked seasoned chicken, pasta, Swiss chard, green salad, fruit</p>	<p>27</p> <p>Baked breaded cod, wild rice, roasted brussels sprouts, spinach, fruit</p>
<p>30</p> <p>Baked chicken, baked potato, peas & carrots, fruit</p>			<p>NUTRITION PROGRAM - The suggested contribution is \$3.00 for people 60 years and over. The meal cost is \$8.00 for people under 60 years old. Lunch is served from 11:45 a.m. to 12:15 p.m. Doors open 10:30 a.m. First come, first served.</p> <p> = Meal contains more than 1000mg sodium</p> <p> = Vegetarian Meal</p>	

Mountain View Senior Center

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Menu subject to change

Milk served with each meal