



# CHAUTAUQUA COUNTY OFFICE FOR THE AGING SENIOR NUTRITION PROGRAM

## SEPTEMBER 2020 - HOT NOON HEATABLE MEAL MENU

1/2 pint 1% Milk served with each meal / Meals subject to change

Monday	Tuesday	Wednesday	Thursday	Friday
	<p>1 Pizza Spinach Fruit Crisp</p>	<p>2 Fajita Style Chicken W/Peppers &amp; Onions Vegetarian Spanish Rice Seasoned Black Beans Soft Tortilla Muffin ~OR~ Loaf</p>	<p>3 Hamburger with Wheat Bun Calico Beans Broccoli Lorna Doones</p>	<p>4 Chicken Cordon Blue with Gravy Mashed Potatoes Beets Pears Wheat Bread</p>
	<p>8 Hawaiian Chicken W/Pineapple Slice Brown Rice Oriental Vegetables Mandarin Oranges Wheat Bread</p>	<p>9 Turkey Pot Roast W/Gravy Mashed Potatoes Carrots Fruit Wheat Bread</p>	<p>10 Chicken Drumsticks Broccoli Texas Caviar Tapioca Pudding Cornbread</p>	<p>11 Wheat Spaghetti &amp; Meatballs Italian Vegetables Tossed Salad Peaches</p>
<p>14 Southwest Style Smothered Chicken W/Black Beans &amp; Corn Vegetarian Spanish Rice Summer Squash Medley Fruit Cocktail Cornbread</p>	<p>15 Sloppy Joe Wheat Bun California Blend Vegetables Applesauce</p>	<p>16 Lemon Chicken Creamy Mushroom Barley Tomato &amp; Zucchini Seasonal Fruit Rye Bread</p>	<p>17 Chicken Chop Suey Brown Rice Oriental Vegetables Mandarin Oranges Wheat Bread</p>	<p>18 Meatloaf W/Gravy Mashed Potatoes Mixed Vegetables Chocolate Pudding Wheat Bread</p>
<p>21 Turkey Divan Brown Rice Carrot &amp; Raisin Salad Lorna Doone Biscuit</p>	<p>22 Smothered Chicken Florentine Mashed Potatoes Broccoli Small Brownie Wheat Bread</p>	<p>23 Ham Slice Scalloped Potatoes Peas Cookie Wheat Bread</p>	<p>24 Burrito Green Beans Peaches Cornbread</p>	<p>25 Hot Dog W/ Wheat Hot Dog Roll Baked Beans Carrots Cookie</p>
<p>28 Souper Chicken Mashed Potatoes Mixed Vegetables Chocolate Pudding Wheat Bread</p>	<p>29 Vegetable Lasagna Green beans Tossed Salad Garlic Roll Fruit</p>	<p>30 Manicotti W/Sauce Green beans Tossed Salad Fruit</p>	