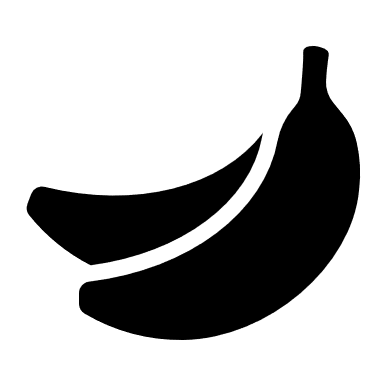
September Lunch Menu Senior Services 

Food Vendor Aging True

\*\* Meal Reservations Required \*\*

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| --- | --- | --- | --- | --- |
| 1  Center  Closed | 2 Pork Sausage  Northern Beans  Cabbage  Hot Dog Bun  Fruit Cup  1% Milk  Mustard | 3 Beef Taco Meat  Pinto Beans  Mexican Corn  Lettuce/Tomato  Cheese  Tortilla  Fresh Fruit  1% Milk  Taco Sauce | 4 Chicken Salad  Green Pea Salad  Garbanzo Bean Salad  Saltine Crackers  Fresh Fruit  1% Milk | 5 Chop Steak and Gravy  Whipped Potatoes  Summer Vegetables  Wheat Bread  Fresh Fruit  1% Milk |
| 8 Sweet and Sour Chicken  Fried Rice  Japanese Vegetables  Dinner Roll  Fruit Cup  1% Milk | 9 BBQ Rib  Pork Patty  Red Beans and Rice  Cabbage  Dinner Roll  Fruit Cup  1% Milk | 10 Beef Meatballs Spaghetti Sauce  Penne Noodles  Green Peas  Wheat Bread  Fresh Fruit  1% Milk | 11 Chicken Legs  Lima Beans  Country Vegetables  Dinner Roll  Fresh Fruit  1% Milk | 12 Hamburger Beef Patty  Baked Pinto Beans  Lettuce/Tomato  Hamburger Bun  Fresh Fruit  1% Milk |
| 15 Chili Mac with Ground Beef  Corn  Garden Vegetables  Wheat Bread  Fruit Cup  1% Milk | 16 Chicken Chow Mein  Rice  Green Peas  Wheat Bread  Fruit Cup  1% Milk | 17 Sloppy Joe Meat  Mixed Beans  California Vegetables  Hamburger Bun  Fresh Fruit  1% Milk | 18 Chicken Salad  Potato Salad  Lettuce/Tomato  Wheat Bread  Fresh Fruit  1% Milk | 19 Pork Sausage  Blackeye Peas  Green Beans  Hot Dog Bun  Fresh Fruit  1% Milk  Mustard |
| 22 Meatballs in  Gravy (Ground Beef)  Ranch Potatoes  Green Beans  Wheat Bread  Fruit Cup  1% Milk | 23 BBQ Chicken  Macaroni and Cheese  Green Peas  Hamburger Bun  Fruit Cup  1% Milk | 24 Beef Frito Pie (Ground Beef)  Corn  Spanish Rice  Corn Chips  Fresh Fruit  1% Milk | 25 Orange Chicken  Delmonico Potatoes  Cabbage  Dinner Roll  Fresh Fruit  1% Milk | 26 Hamburger Beef Patty  Baked Pinto Beans  Lettuce/Tomato  Hamburger Bun  Fresh Fruit  1% Milk |
| 29 Beef and Rice Casserole  Green Beans  Carrots  Wheat Bread  Fruit Cup  1% Milk | 30 Pork Sausage  Northern Beans  Cabbage  Hot Dog Bun  Fruit Cup  1% Milk  Mustard | Close up of peanuts | 2nd Week  -International Banana Festival  -Vegetarian Awareness Week | 13 Peanut Day  16 Guacamole Day  21 Chai Day  28 Strawberry Cream Pie Day |

Menu Prepared by Mandy Patrick, MS.RD,LD with Aging True, 4250 Lakeside Dr. #116, Jacksonville, FL 32210

Menu Approved by Sharon Meier Lutheran,MSH,RDN,LDN\_\_\_\_\_\_\_\_ Date of Approval May 30, 2025\_\_\_\_\_\_\_\_\_\_