September Lunch Menu Senior Services 

Food Vendor Aging True

\*\* Meal Reservations Required \*\*

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| 1Center Closed | 2 Pork SausageNorthern BeansCabbageHot Dog BunFruit Cup1% MilkMustard | 3 Beef Taco MeatPinto BeansMexican CornLettuce/TomatoCheeseTortillaFresh Fruit1% MilkTaco Sauce | 4 Chicken SaladGreen Pea SaladGarbanzo Bean SaladSaltine CrackersFresh Fruit1% Milk | 5 Chop Steak and GravyWhipped PotatoesSummer VegetablesWheat BreadFresh Fruit1% Milk |
| 8 Sweet and Sour ChickenFried RiceJapanese VegetablesDinner RollFruit Cup1% Milk | 9 BBQ Rib Pork PattyRed Beans and RiceCabbageDinner RollFruit Cup1% Milk | 10 Beef Meatballs Spaghetti SaucePenne NoodlesGreen PeasWheat BreadFresh Fruit1% Milk | 11 Chicken LegsLima BeansCountry VegetablesDinner RollFresh Fruit1% Milk | 12 Hamburger Beef PattyBaked Pinto BeansLettuce/TomatoHamburger BunFresh Fruit1% Milk |
| 15 Chili Mac with Ground BeefCornGarden VegetablesWheat BreadFruit Cup1% Milk | 16 Chicken Chow MeinRiceGreen PeasWheat BreadFruit Cup1% Milk | 17 Sloppy Joe MeatMixed BeansCalifornia VegetablesHamburger BunFresh Fruit1% Milk | 18 Chicken SaladPotato SaladLettuce/TomatoWheat BreadFresh Fruit1% Milk | 19 Pork SausageBlackeye PeasGreen BeansHot Dog BunFresh Fruit1% MilkMustard |
| 22 Meatballs inGravy (Ground Beef)Ranch PotatoesGreen BeansWheat BreadFruit Cup1% Milk | 23 BBQ ChickenMacaroni and CheeseGreen PeasHamburger BunFruit Cup1% Milk | 24 Beef Frito Pie (Ground Beef)CornSpanish RiceCorn Chips Fresh Fruit1% Milk | 25 Orange ChickenDelmonico PotatoesCabbageDinner RollFresh Fruit1% Milk | 26 Hamburger Beef PattyBaked Pinto BeansLettuce/TomatoHamburger BunFresh Fruit1% Milk |
| 29 Beef and Rice CasseroleGreen BeansCarrotsWheat BreadFruit Cup1% Milk | 30 Pork SausageNorthern BeansCabbageHot Dog BunFruit Cup1% MilkMustard | Close up of peanuts | 2nd Week-International Banana Festival-Vegetarian Awareness Week | 13 Peanut Day16 Guacamole Day21 Chai Day28 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\_\_\_\_\_\_\_\_\_\_