

## September 2013 - Senior Services of Northern Kentucky - Chilled Menu

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	Monday 2	Tuesday 3	Wednesday 4	Thursday 5	Friday 6
BOX  LUNCH  CYCLE  WEEK  2	  <b>HAPPY LABOR DAY</b>  Thanks Peter J. McGuire and/or Matthew Maguire!  	<b>Steak Hoagie - 9302 w/ Gravy &amp; Onions</b> Tater Nuggets Stewed Tomatoes Swiss American Cheese Bun Applesauce	<b>Turkey Sandwich - 9032</b> Whole Wheat Bread Swiss American Cheese Potato Salad Tossed Salad w/Ranch Mixed Fruit Mayo	<b>Spaghetti &amp; Meatballs - 9035</b> w/ Marinara Sauce Italian Vegetables Spinach / Vinegar Dinner Roll / Margarine Peaches  	<b>Rosemary Chicken - 9039</b> Red Skin Potatoes Vegetable Medley Whole Wheat Bread (2 pcs) Margarine Petite Banana
BOX  LUNCH  CYCLE  WEEK  3	<b>9</b>  <b>Salisbury Steak w/Gravy - 9029</b> Parslied Potatoes Mixed Vegetables Whole Wheat Bread / Margarine Peaches Animal Cookies  Teddy Bear Day	<b>10</b>  <b>Smoked Turkey Sausage w/ Sauerkraut - 9055</b> Mashed Potatoes Green Beans Rye Bread (2 slices) Margarine Fruit Cocktail Mustard/Ketchup	<b>11</b>  <b>Tuna Salad on a Bun - 9104</b> Potato Salad Coleslaw Fresh Orange  Patriot Day	<b>12</b>  <b>Hamburger - 9071</b> Baked Beans Broccoli Swiss Cheese Bun Pineapple Tidbits Mustard / Ketchup	<b>13</b>  <b>Italian Chicken - 9042</b> w/ Marinara Sauce Spaghetti Turnip Greens / Vinegar Vegetable Normandy Cranberry Juice Sponge Cake  Uncle Sam Day Yom Kippur begins at sundown
BOX  LUNCH  CYCLE  WEEK  4	<b>16</b>  <b>Baked Chicken w/ Gravy - 9075</b> Herb Dressing Broccoli Cauliflower Whole Wheat Bread / Margarine Strawberry Applesauce  Step Family Day	<b>17</b>  <b>Chili w/ Spaghetti - 9064</b> Vegetable Medley (2 servings) Cheddar Cheese Saltine Crackers Peaches  Constitution Day	<b>18</b>  <b>Summer Salad - 9070</b> w/ Diced Eggs, Cheese, Grape Tomatoes, Broccoli Floret Saltine Crackers Petite Banana Animal Cookies Ranch Dressing	<b>19</b>  <b>Italian Sausage - 9038</b> Savory Tomato Sauce Spaghetti Italian Vegetables Pineapple Dessert  Sukkot	<b>20</b>  September Birthday Celebration <b>Country Fried Steak - 9063</b> Potato Wedges Green Beans Fresh Orange Dinner Roll / Margarin Chocolate Cake  POW / MIA Recognition Day
BOX  LUNCH  CYCLE  WEEK  5	<b>23</b>  <b>Chicken &amp; Rice w/ Gravy - 9023</b> Broccoli Carrots Whole Wheat Bread / Margarine Pears  Dog in Politics Day	<b>24</b>  <b>Ham Sandwich - 9125</b> Whole Grain White Bread Swiss American Cheese 3-Bean Salad Cole Slaw Mixed Fruit Mustard	<b>25</b>  <b>Meatloaf w/ Gravy - 9072</b> Mashed Potatoes Carrots Whole Wheat Bread / Margarine Orange Juice (100%) Angel Food Cake  National Comic Book Day	<b>26</b>  <b>Bar-B-Q Sauce with Shredded Beef - 9051</b> Peas and Onions Peach Dessert Cole Slaw Bun  Shemini Atzeret	<b>27</b>  <b>Chicken Carmela - 9041</b> in Savory Tomato Sauce Spaghetti Italian Vegetables (2 servings) Wheat Dinner Roll / Margarine Applesauce  Samchat Torah
BOX  LUNCH  CYCLE  WEEK  6	<b>30</b>  <b>Baked Lemon Pepper Fish w/ Tartar Sauce - 9033</b> (ch b) chicken tenders ch7009 Rice Vegetable Medley (2 servings) Whole Wheat Bread / Margarine Fruit Cocktail  Diet: same		September is: National Rub a Bald Head Month National Honey Month Hispanic Heritage Month National Courtesy Month Little League Month Self Improvement Month Better Breakfast Month International Square Dancing Month Classical Music Month		Complete meal consists of: 3 oz. Protein, 2 servings of Vegetables (1/2 cup ea), 1 serving of Fruit (1/2 cup) or Juice (4 oz.), 2 servings of Bread/Starch, and 8 oz. Milk (1/2 pint)  