

SEPTEMBER, 2019

EUREKA SENIOR CENTER

MENU MAY CHANGE DUE TO AVAILABILITY OF PRODUCTS.

Salad bar is set up daily at 11:30 AM. Monday – Friday
we serve lunch from 12:00 to 12:30PM. An assortment of beverages are provided.



HOMEBOUND CLIENTS: Any meal cancellations or additions,

Please call before 7:30 AM when it is Breakfast & 9:30 AM when its Lunch 237-5597

If you do not call before this time, there will be no changes to the delivery list. Thank You.

MON.	TUES.	WED.	THURS.	FRI.
2. CLOSED 	3. Sweet n Sour Chicken with stir fry veg. Rice Egg Rolls Pears	4. Taco Casserole Spanish Rice Zucchini Cantaloupe #131	5. Baked Cod Baked Potato Broccoli Green Salad WW Bread Fresh Orange #10	6. Breakfast 10:00 LS Ham , Cheese & Onion Burrito WW English Muffin Yogurt & Fruit Juice
9. Meat Loaf Potatoes & Gravy Spinach WW Bread Mixed fruit #3	10. Chef Salad Carrot Raisin Salad Garlic Bread Pineapple Cookie	11. Chicken Parmesan Cal Blend Veg. Orange Spinach Salad Bread Sticks Fruit in Jell-O #126	12. Night Dinner 4:30 Steak Potato Salad Baked Beans Key Largo Veg. Fresh Fruit Salad Strawberry Cake	13. Manicotti in Meat sauce Mixed Veg WW Bread Sticks Peaches Green salad
16. Pig In Blanket Baked Beans Spinach Pears Cookies	17. Baked Chicken Scalloped Potatoes Pea's & Carrots Green Salad WW Roll Mandarin Oranges #109	18. Stuffed Cabbage Carrots WW Bread Apple Crisp #129	19. Pork Roast Potatoes & Gravy Cal Blend Veg Fruit in Jell-O	20. Pub Fish French Fry's Zucchini peaches
23. Raviolis in Meat Sauce Key Largo Veg. Garlic Bread Mandarin Oranges Cookie	24. Cheeseburgers WW Buns Baked Beans Mandarin oranges #136	25. Beef Roast Potatoes & Gravy Carrots Green Salad WW Bread Cantaloupe #157	26. Breakfast 10:00 Biscuits & Gravy Eggs with Onion Sausage Links Yogurt & Fruit Juice	27. Fish Rice Pilaf Pea's & Green Beans Green Salad Grapes #161
30. Salmon Au Gratin Potatoes Mixed Veg. WW Bread Spiced Applesauce	Fresh fruit basket on counter 	3 Bean Salad in salad bar Daily 		

SEPTEMBER 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 Salad Bar This Week Potato Salad Mac Salad W/Pears Fresh Fruit	2 Closed Happy Labor Day	3 Tomato Soup L/S BLT Sandwich On W/W Bread Baked Beans Peaches	4 Chef Salad Lentil Soup Mandarin Oranges Oatmeal Muffin #59	5 Chicken Taco Refried Beans Spanish Rice Applesauce	6 Lemon Fish Broccoli Soup Brown Rice Veg. Medley Fresh Fruit #114	7 
8 Salad Bar this Week Seafood Salad 3 Bean Salad Fresh Fruit	9 Cold Turkey On W/W Bread Mac Salad Green Beans Pineapple Chunks	10 NITE DINNER Taco Salad Refried Beans Spanish Rice Pears & Birthday Cake	11 Sweet & Sour Chicken Steamed Rice Peas & Carrots Oatmeal Date Bar #11	12 Sea Food Chowder Egg Salad Yogurt W/ Raspberries Orange Banana Juice #12	13 Pancake L/S Sausage Scrambled Eggs w/ onions Hash Browns	14
15 Salad Bar this Week Mac Salad Beet Salad Fresh Fruit	16 Salisbury Steak Mashed Potatoes Brussel Sprouts Cherry Pie	17 Clam Chowder Turkey Sandwich On W/W Bread Baby Carrots Spinach Fruit Cups #43	18 Sweet Italian Sausage W/Peppers & Onions W/W Noodles Broccoli Apricots	19 Mac & Cheese Steamed Spinach French Baked Potatoes Strawberry Banana Yogurt Pops #62	20 Parmesan Herb Crusted Fish Rice Pilaf Steamed Spinach Fresh Oranges	21
22 Salad Bar this Week Tomato Cucumber Salad 3 Bean Salad Fresh Fruit	23 Herb Baked Chicken Mashed Sweet Potato Veg. Medley W/W Bread Spiced Applesauce #73	24 Beef Tamales Refried Beans Spanish Rice Fruit Cocktail	25 Minestrone Soup Grilled Cheese W/W Bread Sliced Tomato Fresh Kiwi #36	26 Almond Crusted Fish Rice Pilaf Asparagus Fresh Fruit	27 French Toast L/S bacon Eggs W/Peppers Hash Browns Fresh Fruit	28 
29 Salad Bar this Week Sea Food Salad 3 Bean Salad Fresh Fruit	30 Beef Nachos Whole Pinto Beans Spanish Rice Mango Orange Cups	Menu may change due to availability of products.				