


880 E DESERT SENIOR LANE
 AMARGOSA VALLEY NEVADA 89020
 For more information call
 775-372-5413 or visit our website at
<https://www.amargosaseniors.com>

AMARGOSA VALLEY SENIOR CENTER

DINNER Served:
 MON - THU 4:30 PM TO 5:30 PM
 BREAKFAST Served:
 FRI 9:00 AM TO 10:00 AM

MENU SEPTEMBER 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Sep 02	Sep 03	Sep 04	Sep 05	Sep 06
SENIOR CENTER CLOSED 	TUNA SALAD ON SOURDOUGH STEAMED CARROTS OVEN FRIED POTATOES PEARS SOUP OF THE DAY	MEATLOAF MASHED POTATOES STEAMED SPINACH 100% W/W BREAD CHANTILLY FRUIT CUP ADSD APPROVED	BBQ CHICKEN SOUR CREAM POTATO SALAD STEAMED SPINACH CARROTS & PEAS 7 GRAIN BREAD HONEYDEW MELON ADSD APPROVED	**Breakfast** SPINACH QUICHE L/S SAUSAGE PATTIES MUFFIN W/BLEUBERRIES FRESH FRUIT OATMEAL
#9 Sep 09	Sep 10	Sep 11	Sep 12	COMMODITIES Sep 13
SWEET ITALIAN SAUSAGE W/ RED PEPPERS & ONIONS WW COOKED ELBOW MACARONI STEAMED BROCCOLI MIXED GREENS SALAD W/ITAL DS FRESH BANANA ADSD APPROVED	CHICKEN SALAD ON WW BUN STEAMED BROCCOLI W/CHEESE COTTAGE CHEESE W/PEARS MIXED GREEN SALAD IN SEASON FRUIT	BAKED POLLOCK MACARONI & CHEESE PEAS & CARROTT CORN MUFFINS W/ HONEY	SPEGHETTI W/MEAT SAUCE COLORFUL SALAD W/ITL DRSG 7 GRAIN BREAD ZUCCHINI ORANGE/MANGO CUP CHEESE CAKE W/FRUIT ADSD APPROVED	**Breakfast** BISCUITS W/LS SAUSAGE GRAVY HASH BROWN POTATOES W/ VEGGIES LS CRISP BACON FRESH ORANGE SLICES BAGELS W/CREAM CHEESE
Sep 16	#103 Sep 17	#131 Sep 18	#159 Sep 19	Sep 20
HAM SLICES OVEN BAKED YAMS CALIFORNIA MEDLEY VEGGIES WW DINNER ROLL FRESH FRUIT PEANUT BUTTER COOKIE	CHICKEN IN ORANGE SAUCE MASHED POTATOES MIXED VEGETABLES GARDEN SALAD/FR DRSG 7 GRAIN BREAD PEACH YOGURT ADSD APPROVED	TACO CASSEROLE SPANISH RICE SEASONED ZUCCHINI CANTALOUPE ADSD APPROVED	PORK CHOPS W/ MUSHROOM GRAVY BAKED POTATOES STEAMED CARROTT TOSED SALAD MIXED BERRY CUP ADSD APPROVED	**Breakfast** EGG CASSEROLE LS SAUSAGE LINKS POTATO PATTIES W/GRN ONION OATMEAL SPICED APPLES OJ
#96 Sep 23	#62 Sep 24	#11 Sep 25	Sep 26	Sep 27
BEEF TACOS W/THICK SALSA GUACAMOLE BROCCOLI & CAULIFLOWER MEXICAN CORN SAUTE APRICOT OR IN SEASON FRUIT ADSD APPROVED	MACARONI AND CHEESE STEAMED SPINACH FRENCH BAKED POTATOES STRAWBERRY BANANA YOGURT SOUP OF THE DAY ADSD APPROVED	SWEET & SOUR CHICKEN STEAMED BROWN RICE PEAS & CARROTT FRESH CHOPPED SPINACH FF CATALINA DRSG ADSD APPROVED	BEEF PATTY ON WW BUN TOMATO SLICE/LETTUCE/ RED ONION/ POTATO SALAD W/LF MAYO/VEG BAKED BEANS APPLES/APPLE CRISP	**Breakfast** BISCUITS W/SAUSAGE GRAVY SCRAMBLED EGGS W/VEGGIES HASH BROWN POTATOES BAGELS W/CREAM CHEESE CANTALOUPE OJ
#104 Sep 30				
ROAST BEEF W/RED POTATOES MIXED VEGETABLES GARDEN SALAD SALAD DRESSING MANDARIN ORANGES GINGERBREAD OR SPICE CAKE ADSD APPROVED		IT IS NOT A REQUIREMENT TO BE A SENIOR TO PARTICIPATE IN ACTIVITIES	MENU SUBJECT TO CHANGE Tea & Lemonade & 1% Milk served daily Salad \$1.00 when Not on Menu	A \$3.00 Donation for Seniors Over 60 Years of Age is Suggested A \$6.00 Fee is Required for Non-Seniors