

# MENU - SEPTEMBER 2018

## AMARGOSA SENIOR CENTER

443 Desert Senior Lane - Amargosa Valley, NV 89020

**Congregate DINNER Served Mon-Thu 4:30 PM to 5:30 PM**

**Congregate BREAKFAST Served: FRI 9:00 AM TO 10:00 AM**

### ADSD APPROVED

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>SEP 03</b> <b>Closed Labor Day</b>	<b>SEP 04</b> Southwest BBQ Chicken Sandwich on WW Bun 3 Bean Salad Corn on the cob Ambrosia	<b>#20 SEP 05</b> Baked Pork Chop Pureed Butternut Squash Layered Salad 100 % WW Bread Baked Banana	<b>#96 SEP 06</b> Beef Tacos w/ Thick and Chunky Salsa Guacomole Broccoli and Cauliflower Mexican Corn Saute Fresh Apricots	<b>SEP 07</b> <b>*BREAKFAST*</b> Biscuits and Gravy Scrambled Eggs w/ LS Sausage Oatmeal Yogurt w/Strawberries&Bananas Orange Juice
<b>#156 SEP 10</b> Chicken Tenders Green Beans Broccoli Salad Sugar Free Gelatin	<b>SEP 11</b> Hot Turkey Sand on WW Bun Peas and Carrots Tomatoes Vinagrette Rice Crispy Treat Fresh Orange Sections	<b>#149 SEP 12</b> Roast Pork Tenderloin Potato Salad and Spring Salad Honey Dijon Vegetables Tangy Yogurt Salad Dressing Tropical Fruit Cup Simmered Beans w/ Bacon	<b>#39 SEP 13</b> Spaghetti in Meat Sauce Zucchini and Colorful Salad FF Creamy Italian Dressing 7 Grain Bread Smart Balance Unsalted Orange Mango Cup	<b>SEP 14</b> <b>*BREAKFAST*</b> ww Waffles w/Strawberries Scrambled Eggs Low Sodium Bacon Fruit in Season Orange Juice
<b>#157 SEP 17</b> Beef Pot Roast Potatoes and Herbs Carrots and Garden Salad GFY Creamy Salad Dressing Cantalope	<b>#109 SEP 18</b> Oven Fried Chicken Baked Butternut Squash Salad With Honey Dressing Orange Mango Cup Cracked Wheat Bread Smart Balance Unsalted	<b>#9 SEP 19</b> Sweet Italian Sausage w/ Red Peppers and Onions WW Cooked Elbow Macaroni Steamed Broccoli Mixed Grn Salad/LS Ital. Dress. Fresh Banana	<b>SEP 20</b> Green Chili Enchiladas Refried Beans & Mexi-Corn Mandarin Oranges Frozen Strawberries on FF Vanilla/Strawberry Yogurt	<b>SEP 21</b> <b>*BREAKFAST*</b> Biscuits and Gravy Scrambled Eggs LS Sausage Oatmeal Orange Juice Yogurt w/Strawberries&Bananas
<b>SEP 24</b> Lemon Baked Fish /WW Roll Green Peas Long Grain Brown Rice Tossed Salad LF Italian Dressing Grapes	<b>SEP 25</b> Baked Meatloaf w/Mashed Potatoes & Gravy 3 Bean Salad WW Roll Fresh Melon in Season	<b>#37 SEP 26</b> Chili Cheese Baked Potato Steamed Carrots WW Banana Muffin FF Blueberry Yogurt Orange-Banana Juice	<b>#138 SEP 27</b> Spinach Lasagna Steamed Califlower Garden Salad w/Honey Dress. WW Roll Strawberry/Banana Yogurt Strawberries	<b>SEP 28</b> <b>*BREAKFAST*</b> WW Pancakes Scrambled Eggs w/onions & GP Fresh Fruit in Season (2) Oatmeal Orange Juice
<b>#120 SEP 29</b> BBQ Beef Sandwich Corn on the Cob Steamed Spinach Creamy Coleslaw Citrus Delight	<b>SEP 30</b> Chicken Noodle Casserole Zucchini and Tomatos Cornbread Smart Balance Unsalted Fresh Plum	<b>MENU SUBJECT TO CHANGE</b>  1% Milk, Tea, & Lemonade Served Daily  Salad \$1.00 when not on menu	<b>A \$3.00 Donation for Seniors over 60 Years of Age is Suggested</b> <b>A \$6.00 Fee is Required for non-seniors</b>  Call for more information 775-372-5413	