

September Dining Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
MENU SUBJECT TO CHANGE!	Each meal is served with 8 oz. of 1% milk and 2 slices of bread (unless otherwise indicated). Coffee and water is served at meal sites.			1 Seafood & Vegetable Linguini Roasted Vegetables Whole Grain Garlic Toast Apple Pecan Salad
4 CLOSED HAPPY LABOR DAY!	5 Stuffed Cabbage Roll Mashed Potatoes Mixed Vegetables Asst. Fruit Cups	6 Brat with Sauerkraut on Whole Wheat Bun Sweet Pepper Coleslaw Baked Beans Mandarin Oranges	7 Glazed Ham Au Gratin Potatoes Peas & Carrots Fresh Banana Brownie	8 Baked Salmon Wild Rice Pilaf Steamed Broccoli Fruited Gelatin
11 Chicken Fried Chicken Mashed Potatoes with Country Gravy Roasted Root Vegetables Chilled Dark Cherries	12 Swiss Steak Garlic Mashed Potatoes Grizzly Vegetable Blend Chilled Tropical Fruit	13 Taco Salad Tortilla Chips Salsa & Sour Cream Fresh Berries with Whipped Topping	14 BBQ Ribs Baked Sweet Potato Green Beans with Bacon Fresh Orange Corn Bread Asst. Desserts	15 CLOSED ELECTRICAL REPAIRS TO FACILITY
18 Beef Tips Caramelized Onion Mashed Potatoes Country Trio Vegetable Strawberry Applesauce	19 Sweet & Sour Chicken with Pineapple, Onions and Peppers Pineapple Rice Vegetable Pot Stickers Fresh Honeydew Fortune Cookie	20 Pork Chop with Peach Chutney Glazed Sweet Potatoes Murray Vegetable Blend Chilled Apricots Scotcharoo	21 Hamburger with Lettuce, Tomato and Onion Potato Wedges Cucumber & Tomato Salad Ambrosia Salad	22 Lemon Pepper Tilapia Roasted Rosemary Potatoes Steamed Vegetables Chilled Pineapple
25 Pulled BBQ Chicken Ranch Beans Steamed Corn Fruit Cocktail	26 Swedish Meatballs Fried Potatoes with Onions Stir Fry Vegetables Fresh Fruit Cup	27 Chicken Caesar Salad Whole Grain Garlic Breadstick Peach Crisp	28 Tangy Meatloaf Fingerling Potatoes Pacific Vegetable Blend Fresh Pear	29 Roast Turkey Mashed Potatoes with Gravy Dilled Baby Carrots Watermelon & Cantaloupe

NUTRITION PROGRAM INFORMATION:

Burleigh County Senior Center: Drive-Thru Meal Service from 11:15 am to 11:45 am
 Congregate Meal Service from 12:00 pm to 12:30 pm
 Crescent Manor: Congregate Meal Service at 11:45 am; Take-Out Meal Service at 12:15 pm
 Wing & Sterling Meal Sites: Congregate Meal Service/Take-Out Meal Service at 12:00 noon

MEAL RESERVATIONS: Call at least one day in advance.
 Burleigh County Senior Center 258-9276 (from 8:00 am to 3:30 pm)
 Crescent Manor 258-6646 (from 10:00 am to 2:30 pm)
 Wing Senior Center/Sterling Meal Site 943-2490 (from 8:00 am to 2:30 pm)
 Home-Delivered Meal inquiries, please call 255-4648.

Suggested donation is \$4.50/meal. The meal price for those under 60 is \$11.00.

SNAP/EBT and credit/debit cards are accepted. OAA federal regulations require individuals age 60 and older to complete a meal assessment to participate in the Nutrition Program. Meal participants are required to update their assessment annually. Individuals are notified when their registration is due for updating.