



# September Menu



Come to the Center Dining Room for Good Food, Fellowship and Fun  
Monday and Wednesday 12:00

## Monday

## Wednesday

Reservations must be made by 9:30AM Friday for Monday's meal		Reservations must be made by 9:30AM Tuesday for Wednesday's meal
<b>September 5</b>  <b>HOLIDAY</b>		<b>September 7</b> Chicken Marsala w/Mushroom Sauce Diced Potatoes Peas & Onions Potato Roll Fruit Cocktail
<b>September 12</b> Chicken, Corn & Potato Stew Spinach with Cannellini Beans Wheat Dinner Roll Applesauce Cake		<b>September 14</b> Turkey & Cheddar Cheese On Wheat Roll Potato Salad Cole Slaw Pears & Cookie
<b>September 19</b> Turkey Tetrazini Scandinavian Vegetables Wheat Dinner Roll Pineapple Tidbits Ice Cream Bar		<b>September 21</b> Minestrone Soup with Beef Broccoli Wheat Roll Tropical Fruit Salad
<b>Sept. 26 Birthday Dinner</b> B.B.Q. Beef Steak Baked Beans Chopped Broccoli & Diced Carrots Wheat Dinner Roll Birthday Cake		<b>September 28</b> Beef Burgundy with Mushrooms & Onions Rotini Noodles Whole Beets Dinner Roll Melon & Brownies

The Community Center congregate meal service provides a nutritious meal and opportunities for socialization - essential parts of a healthy lifestyle. Please join us!  
For at home meals contact the Meals on Wheels Program-Southwestern Vermont Council on Aging.  
1-800-642-5119 or 802-786-5990