



MERIDEN SENIOR CENTER HOT LUNCH PROGRAM
For Lunch Reservations Please call 203 235-8052



September, 2011

| Monday | Tuesday | Wednesday | Thursday | Friday |
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| <p>Meriden Senior Citizens' Center 22-26 W. Main St. Meriden, CT</p> | <p>For Lunch Reservations Please call 203 235-8052</p> |  <p>Lunch is served at 11:30</p> | <p>1 Cream of Carrot Soup Chicken salad w/let/tom on kaiser roll Mayo 3 bean salad Sliced pears</p> | <p>2 Baked salmon boat w/dill & tartar sauce Lemon wedge Brown rice Tossed salad w/tomato French dressing Corn muffin Mandarin orange slices</p> |
| <p>5</p>  <p>Labor Day Center Closed</p> | <p>6 American Chop Suey Lunch by Nutrition Staff \$2 Fee Must be Paid</p> | <p>7 Chef's salad w/chicken, ham, cheese & cherry tomato on lettuce Potato salad Cole slaw Pumpernickel bread Vanilla pudding w/topping</p> | <p>8 Apple juice Roast Pork chopette Sweet potatoes w/brown sugar Mixed green salad w/sliced cherry tomatoes Ranch dressing Oatmeal bread Sliced peaches</p> | <p>9 PIE DAY 100% Fruit punch Eggplant rollatini w/marinara sauce Parmesan cheese Mixed vegetables Tossed salad w/sliced black olives Italian dressing Italian bread Apple pie w/topping</p> |
| <p>12 Grape juice Baked chicken quarter Cranberry sauce Baby carrots Cut green beans Whole wheat bread Tapioca pudding w/topping</p> | <p>13 Hog Dogs Lunch by Nutrition Staff \$2 Fee Must be Paid</p> | <p>14 Cranapple juice Roast turkey w/gravy Cranberry sauce Stuffing w/gravy Petite corn Whole wheat roll Sliced pears</p> | <p>15 Apple juice Meatloaf w/chunky tomato sauce Oven roasted potatoes California blend vegetables Rye bread Oatmeal raisin cookie</p> | <p>16 Vegetable beef soup Seafood salad on lettuce & tomato Green beans Italian dressing Whole wheat roll Orange</p> |
| <p>19 Pineapple juice Sliced ham & cheese on greens w/sliced tomato & cucumber 3 bean salad French dressing Macaroni salad Whole wheat roll Tropical fruit cup</p> | <p>20 Meatball Grinders Lunch by Nutrition Staff \$2 Fee Must be Paid</p> | <p>21 Apple juice Angus burger Tossed greens w/tomato French dressing Baby niblet corn Kaiser roll Sliced pears Ketchup</p> | <p>22 BIRTHDAY CAKE DAY Grape juice Chicken marsala Rice w/marsala sauce Tossed salad Italian dressing Oat bread Birthday cake</p> | <p>23 Cranberry juice Tuna salad on lettuce w/picked beet salad Whole wheat roll Fresh fruit cup</p> |
| <p>26 Cream of broccoli soup Grilled chicken strips on lettuce, tomato & cucumber Marinated vegetables w/onions Kaiser roll Fresh fruit cup</p> | <p>27 Fish Sticks Lunch by Nutrition Staff \$2 Fee Must be Paid</p> | <p>28 Cranberry juice Chicken stew w/peas, carrots, potatoes & celery Petite corn Tossed salad French dressing Whole wheat bread Sliced pears</p> | <p>29 Apple juice Turkey kielbasa Sauerkraut Boiled potatoes Belgian carrots Hot dog roll Mustard Rice pudding w/topping</p> | <p>30 Italian wedding soup Seafood salad on lettuce w/tri-colored pasta salad Cole slaw Kaiser roll Orange</p> |