

September 2017 Meals on Wheels & Senior Cafe

Meals on Wheels - Please remember to cancel your meal 24 hours in advance of any appointments, etc.

Sylva 631-8044; Cashiers 745-6856

Senior Café - Reservations & Cancellations must be made by 3pm one day in advance.

Sylva 631-8045; Cashiers 745-6856; Nutrition Office 586-8562

| Monday | Tuesday | Wednesday | Thursday | Friday |
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| <p>4  WE WILL BE CLOSED LABOR DAY</p> | <p>5 BBQ Chicken Leg/Thigh Squash Casserole Lima Beans Applesauce Texas Toast Milk</p> | <p>6 Meatloaf Potatoes Anna Buttered Carrots Pears w/Cheese WW Roll Milk</p> | <p>7 Sliced Turkey Herb Dressing Green Beans Spiced Apples Roll Milk</p> | <p>1 Chef Salad (ham,turkey,cheese,egg) Cottage Cheese & Pears Apple Juice Crackers Milk</p> |
| <p>11 Chicken Salad on Croissant Mixed Bean Salad Tropical Fruit Lemon Pudding Milk</p> | <p>12 Beef & Macaroni Goulash Mexicali Corn Strawberries & Bananas WW Roll Milk</p> | <p>13 Baked Ham with Pineapple Slices Broccoli Casserole Sweet Potato Patties WW Roll Milk</p> | <p>14 Country Fried Steak Mashed Potatoes Boiled Red Cabbage Fruit Cocktail Roll Milk</p> | <p>8 Sloppy Joe on a bun French Fries Cole Slaw Fresh Orange Milk</p> |
| <p>18 Chicken Cobbler Mixed Veggies Spiced Apples Sugar Cookie WW Roll Milk</p> | <p>19 BBQ Pork Steak Fries Cole Slaw Mandarin Oranges Roll Milk</p> | <p>20 Stuffed Bell Pepper with Beef & Rice Glazed Carrots Chocolate Cake WW Roll Milk</p> | <p>21 Ham & Egg Quiche Roasted Potatoes Garden Salad Berry Crisp Biscuit Milk</p> | <p>15 Black Eyed Peas Collard Greens Macaroni & Cheese Peaches Cornbread Milk</p> |
| <p>25 Cheeseburger & Bun Lettuce & Tomato Baked Beans Banana Pudding Fresh Orange Milk</p> | <p>26 Baked Breaded Chicken Pasta Alfredo Broccoli Mandarin Oranges Garlic Toast Milk</p> | <p>27 Hot Brown (turkey, bread, gravy) Mashed Potatoes Green Beans Carrot Salad Milk</p> | <p>28 Fried Catfish Cole Slaw Black Eyed Peas Hush Puppies Cheese Cake Milk</p> | <p>22 Baked Potato w/Chili Cheese, Sour Cream Broccoli Chilled Melon Mix Wheat Roll Milk</p> |
| | | | | <p>29 Baked Ham Sweet Potato Souffle Green Peas Peaches Biscuit Milk</p> |