



Nutrition Menu

Nellie Sawyer

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September 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Milk is Served With Each Meal						Your Donations 1 Are Needed And Greatly Appreciated! Thank you.
2	Center Closed 3  Labor Day	Meat Loaf/Sauce 4 Lima Beans Fruit Cheesy Potatoes AuGratin Roll Brownie	BBQ Sandwich 5 Coleslaw Fruit Buttered Potatoes	Tuna Salad/Lettuce 6 Cucumber/Tomato Salad Peaches Macaroni Salad Crackers Pudding/Topping	Sliced Ham 7 Cabbage/Juice Red Potatoes Cornbread Cake	8
9	Cheeseburger 10 w/bun, Lettuce Green Beans Juice Cobbler	Pork Roast/Gravy 11 Stewed Tomatoes Fruit White Rice Bread Brownie	Baked Chicken 12 Breast, Peas Applesauce Sweet Potatoes Roll	Spaghetti/Meat Sauce 13 Parmesan Cheese California Blend Veggies Fruit Bread Pudding	Salad 14 Bar	15
16	BBQ Riblets 17 Coleslaw Peaches Succotash Roll	Chicken&Pastry 18 Green Beans Applesauce Corn Bread Pudding	Salisbury Steak/Gravy 19 Peas, Juice Mashed Potatoes Roll Cookies	Chicken Breast 20 w/gravy Broccoli & Rice Casserole Fruit Bread Cake	Tuna Salad/Lettuce 21 Three Bean Salad Juice Macaroni Salad Crackers Cookie	 22
 23	Turkey & Ham 24 Club w/Cheese Tossed Salad Fruit Cocktail Cake	Pasta/Meat Sauce 25 Carrots Pears Bread Pudding	BBQ Chicken 26 Leg Quarter Fruit, Peas Mac & Cheese Muffin	Chicken Fettuccini 27 Alfredo Tossed Salad Strawberries Bread	Chef Salad 28 w/ham&cheese Juice Crackers Potato Salad Cookie	29
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