September

York County

Monday	Tuesday	Wednesday	Thursday	Friday
	1 3oz Chipped Ham Sandwich 1 Slice Provolone Cheese 1/2c Three Bean Salad 1/2c Coleslaw Hamburger Bun 1/2c Applesauce	**2** 3oz Chicken Cutlet with 2oz Country White Gravy 1/2c Mashed Potatoes 1/2c Peas Wheat Bread 1/2c Peaches	**3** Creamy Tuna Salad Sandwich (3oz Tuna, 1oz Mayo) 1/2c Crispy Broccoli Salad 1/2c Pickeled Beet Salad 2 White Bread Seasonal Fresh Fruit	**4** 3oz Pepper Steak with 1oz Tomato Sauce, 1oz Peppers, 1oz Onions 1 Baked Potato 1/2c Carrots 1 Wheat Bread 1/2c Pudding
7 **Happy Labor Day!** 	**8** Hot Dog 1/2c Coleslaw 1/2c Pasta Salad Hot Dog Bun Fresh Fruit 1/2c Marshmallow Fluff	**9** 3oz Fire Grilled Chicken Breast 1/2c Cheesy Broccoli & Rice 1/2c Carrots 1/2c Diced Pears 1 Dinner Roll NEW ITEM	**10** Cheeseburger 1/2c Golden Roasted Potatoes 1/2c Mixed Vegetables 1 Hamburger Bun 1/2c Mandarin Oranges	**11** 3oz Open Faced Turkey Sandwich with 2oz Gravy 1/2c Whipped Potatoes with Chives 1/2c Sweet Corn 1 White Bread 1 Cookie
14 3oz BBQ Pulled Pork Sandwich 1/2c Cheesy Potatoes 1/2c Peas 1 Hamburger Bun 1/2c Pineapple Tidbits	**15** 4oz Chicken Salad Sandwich 1/2c Marinated Tomato Cucumber Salad 1/2c Macaroni Salad Seasonal Fresh Fruit 1 Hamburger Bun	**16** Swedish Meatballs (4) 1/2c Buttered Noodles 1/2c Green Beans 1 Dinner Roll 1/2c Applesauce	**17** Turkey ((2oz)Chef Salad (HB Egg,Cheddar, over 1c Mixed Greens with Tomato) 1c Vegetable Soup 1 Wheat Bread 1/2c Pudding	**18** 3oz Salisbury Steak with 2oz Gravy & Baked Potato with Margarine 1/2c Mixed Vegetables 1 Wheat Bread 1 Cookie
21 Potato Crusted Pollock with 1 Tbsp. Corn & Red Pepper Relish 1/2c Macaroni & Cheese 1/2c Stewed Tomatoes Seasonal Fresh Fruit NEW ITEM	**22** Pasta & Meatballs (4) 1/2c Pasta with Marinara 1c Tossed Salad with Tomato 1/2c Mixed Fruit Salad	**23** Chicken Philly Sandwich 1c Cream of Potato Soup 1/2c Coleslaw Hot Dog Bun	**24** Taco Salad (3oz Taco Meat, .5oz Cheddar, Lettuce, Tomato, Salsa) Tortilla Chips (10pc) 1/2c Rice 1/2c Pineapple	**25** 3oz Roast Beef with 2oz Gravy 1/2c Mashed Potatoes 1/2c Coin Carrots 1 Italian Bread 1/2c Peaches
28 1 Lasagna Roll Up with Red Sauce 1/2c Garlic Green Beans 1 Garlic Herb Breadstick 1/2c Diced Peaches NEW ITEM	**29** 4oz Sweet & Sour Chicken 1/2c Steamed Brown Rice 1/2c Island Blend Vegetables 1 Wheat Bread Seasonal Fresh Fruit	**30** Pizza Burger 1/2c Carrots 1 Hamburger Bun Fresh Fruit	***Fiber promotes digestion and heart health. Aim for whole grains and vegetables in the amount of 30g for men and 21g for women daily!***	

Please register in person, or go to www.community.copilot21.com to reserve your meal online by 10:30 AM at least **2** business days in advance.

***** Served daily: 8 ounces Milk and 1 tablespoon Margarine ~ All meals are subject to change *****