September 2015

Elder Services Congregate Meal
M & Th 12-1pm
$2 suggested donation

Dalton COA Soup & Sandwich
Tue 12-1pm
$4 cost, purchase green coupon

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	***ALL MEALS REQUIRE RESERVATIONS AT LEAST 24–BUSINESS HOURS IN ADVANCE. ***	1 COA Grilled Cheese Tomato Soup	2	3 **Elder Services** Roast Pork w/ Gravy Boiled Potatoes Mixed Vegetables Dinner Roll *Cookie	4	**Please try to notify the center of any cancelations ASAP.**
6	7 LABOR DAY	8 COA Cheeseburger Potato Salad	9	10 **Elder Services** Calico Beans w/ Sausage Mixed Vegetables Broccoli Multigrain Bread Nectarine	11	***Modification for sugar restricted diets.** ****High Sodium Foods**
13	14 **Elder Services** Veal Parmesan Pasta & Sauce Spinach Oatmeal Bread Applesauce	15 COA Quiche Fruit Salad	16	17 **Elder Services** Chicken Cacciatore Roasted Potatoes Corn w/ Pimiento Dinner Roll *Chocolate Pudding w/Topping	18	19
20	21 **Elder Services** Barbecue Pork Scalloped Potatoes Sugar Snap Peas 100% Whole Wheat Bread Mixed Fruit	22 COA Ham & Cheese Sandwich Cream of Broccoli	23	24 **Elder Services** Hot Dog Baked Beans Cole Slaw Hot Dog Roll Apple Crisp	25	26
27	28 **Elder Services** Macaroni & Cheese Tomato Medley Green Beans 100% Whole Wheat Bread Applesauce	29 COA Garden Salad With Grilled Chicken	30			