


# Cortez Park Community and Senior Center

## September 2019 – Menu

The suggested donation for lunch is \$2 for those 60 years and older.

For guests under 60 years of age, the fee is \$4.

Monday	Tuesday	Wednesday	Thursday	Friday
2 <b>Senior Center Closed Labor Day</b>	3 Apple Juice Beef Burgundy Egg Noodle Baked Yams Romaine Salad Ice Cream Whole Grain Bread	4 Fish & Chips Peas & Onions Marinated Tomato Salad Oranges	5 Spaghetti w/ Meat Sauce Oregon Blend Tossed Salad Cantaloupe	6 Teriyaki Chicken Brown Rice Broccoli Carrot Raisin Salad Watermelon
9 Grape Juice Beef & Broccoli Brown Rice Green Salad Brownie Whole Grain Bread	10 Chicken Cutlet Wild Rice Peas w/ Mushrooms Coleslaw Fresh Fruit	11 Roast Beef w/ LS Gravy Barley Brussels Sprouts Caesar Salad Banana	12 Pineapple Juice Grilled Pork Chop Wild Rice Winter Squash Tossed Salad Peach	13 Hobo Stew Tossed Green Salad Whole Grain Bread Citrus Fruit Salad
16 Oven Fried Chicken Broccoli & Cauliflower Mashed Yams Coleslaw Orange	17 Shrimp Fettuccine Squash Medley Marinated Tomato Salad Pumpkin Cake	18 Chinese BBQ Pork Fried Rice Stir Fried Vegetables Coleslaw Fruit Cocktail	19 Lemon Pepper Chicken Wings Oregon Blend Potato Wedges Mix Green Salad Citrus Cup	20 <b>CD*</b> Lentil Soup Spinach Quiche <b>OR</b> Egg Salad Sandwich Green Peas Romaine Salad Cantaloupe Whole Grain Bread
23 Orange Juice Pulled Pork Chili Casserole Succotash/Collard Greens Garden Salad Brownie	24 <b>CD*</b> Clam Chowder and Chicken Caesar Salad <b>OR</b> Chicken Provencal Barley Green Beans Caesar Salad Orange	25 Meatloaf Asparagus Mashed Potatoes Mixed Green Salad Melon Medley	26 Creole Fish Banana Squash Rice Marinated Tomato Salad Fruit Cocktail Whole Grain Bread	27 BBQ Chicken Carrots Coleslaw Pear Corn Bread
30 <b>CD*</b> Asian Shrimp Salad <b>OR</b> Breaded Tilapia Barley Squash Medley Mix Green Salad Orange	<b>CD* = Choice Day</b>			<b>Come out for a night of dancing!</b> <b>Thursday, September 5</b> <b>7:30 – 10 pm</b> <b>\$6 – pay at the door</b> <b>BIG BAND WEDNESDAY</b>

**Lunch is served Monday – Friday at 11:30 am.**