



# Senior Activity Center

## September Lunch Menu





Served 11:30am – 12:30pm

\*Menu subject to availability



### September is Malnutrition Awareness Month!

Invite a friend over 60 years old for lunch

Tuesday	Wednesday	Thursday	Friday
<b>3</b> Walk the Block 10:30am  Chicken Carrots Pears Roll Milk Dessert 	<b>4</b> Dance Lessons D.R. 1pm  Potato Casserole Broccoli Peaches Roll Milk Dessert	<b>5</b>  Chicken Fritters Green Beans Applesauce Roll Milk Dessert	<b>6</b> Bingo at 12:45pm  Chili Hot Dog Sauerkraut Mixed Veggies Milk Dessert
<b>10</b> Walk the Block 10:30am <i>Welcome Portneuf Health Trust Staff</i>  Shepards Pie Broccoli Fruit Milk Dessert 	<b>11</b> Dance Lessons D.R. 1pm Farnes & Fronski Entertainment at 11:30am  Hamburger Onions/Tomatoes/Lettuce Fruit Milk Dessert	<b>12</b>  Beef Roast Scandinavie Veggies Roll Fruit Milk Dessert	<b>13</b> Bingo at 12:45pm Boyd Murdock 11am  Bratwurst Sauerkraut Fruit Milk Dessert
<b>17</b> Walk the Block 10:30am Office of Aging Presentation 11:30am  Chicken Fettuccini Normandy Fruit Milk Dessert 	<b>18</b> Dance Lessons D.R. 1pm  <b>Welcome Back AARP!</b>  Chicken Fried Steak Beets Fruit Milk Dessert	<b>19</b>  Mashed Pot. & Hamburger Gravy Mixed Veggies Fruit Milk Dessert	<b>20</b> Bingo at 12:45pm  Ham Peas Fruit Milk Dessert
<b>24</b> Walk the Block 10:30am School District #25 Presentation 11:30 am  Taco Romaine, Onions, Tomatoes, Lettuce Fruit Milk Dessert 	<b>25</b> Dance Lessons D.R. 1pm  Beef Goulash Fruit Milk Dessert	<b>26</b>  Pork Roast & Mashed Potatoes Veggies Fruit Milk Dessert	<b>27</b> Bingo at 12:45pm  Biscuits & Gravy Hashbrowns Fruit Milk Dessert