

Dexter Senior Center Meal Calendar September 2024

Monday	Tuesday	Wednesday	Thursday	Friday
	3 Sloppy Joe Sandwich; O'Brien Potatoes; green beans; cinnamon applesauce; hamburger bun; milk	4 Breaded chicken tenders; shredded cheddar cheese w/egg & black olive garnish; garden green salad mix w/ Romaine; carrots; cucumbers & tomatoes; garden vegetable soup; fresh banana; pita bread w/ margarine; honey mustard; milk	5 Chicken breast cacciatore; green beans; Italian garden green salad w/ romaine w/ ranch dressing; tropical fruit salad; Italian bread w/ margarine; milk	6 Roast beef w/ beef gravy; garlic mashed redskin potatoes; creamy confetti coleslaw; fresh red or yellow apple; dinner roll w/ margarine; milk
9 Hawaiian meatballs; meatballs served over brown rice; whole kernel corn; green beans; apricots; dinner roll w/ margarine; brown rice; milk	10 Turkey enchilada casserole; refried beans w/ cheddar cheese garnish; broccoli; cauliflower & tomato salad; mandarin oranges & pineapple tidbits; bread w/ margarine; milk	11 Baked ziti w/ four cheeses; diced carrots; garden green salad w/ bean garnish; w/ Romaine lettuce; French dressing; strawberries w/ whip topping; Italian bread w/ margarine; milk	12 Greek chicken salad; marinated chicken; diced beets & feta cheese served over salad mix; garden green salad w/ romaine; carrots; cucumbers & tomatoes; minestrone soup w/ crackers; fresh red or yellow apple; pita bread w/ margarine; Greek dressing; milk	13 Potato crunch pollock w/ tartar sauce served over rice; garden peas & pearl onions; diced pickled beets & onion salad; fresh banana; bread w/ margarine; wild rice; milk
16 Pepper steak served over brown rice; green beans; Zucchini & tomatoes; tropical fruit salad; dinner roll w/ margarine; brown rice; milk	17 Oven baked crispy chicken; cauliflower with cheese sauce; steamed collard greens; diced peaches; biscuit w/ margarine; milk	18 Birthday Luncheon at DSC Fried Chicken, Salads, cake and ice cream Hamburger w/ cheese; w/ mustard & ketchup; potato salad; baked beans; mixed berries w/ whip topping; hamburger bun; chocolate chip cookie; milk	19 Submarine sandwich; ham, turkey; American cheese; w/ mustard & mayo; pasta salad w/ vegetables; beef barley soup w/ crackers; fresh orange; submarine roll; milk	20 Florentine stuffed shells; Italian garden; green salad w/ romaine w/ ranch dressing; green beans; fresh banana; bread/ w margarine; marinara sauce; milk
23 Baked macaroni & cheese; zucchini & tomatoes; diced carrots; pineapple tidbits; bread w/ margarine; milk	24 Breaded chicken tenders w/BBQ sauce; cauliflower w/ cheese sauce; green beans; fruited gelatin; dinner roll w/ margarine; milk	25 Stuffed pepper; garden green salad w/ romaine; w/ Italian dressing; garlic mashed redskin potatoes; strawberries w/ whip topping; dinner roll; w/ margarine; milk	26 Maurice salad: diced ham; diced turkey & shredded swiss cheese; garden green salad w/ romaine; carrots; cucumbers & tomatoes; twice baked potato; chowder w/ crackers; fresh orange; pita bread w/ margarine; Maurice salad dressing; milk	27 Turkey burger w/ lettuce & tomato garnish w / Mayo & mustard; diced carrots; cucumber, tomato & onion salad; fresh red or yellow apple; hamburger bun; milk