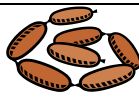


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<u>MENU</u>  <u>FOR</u> <u>SEPTEMBER</u> <u>2026</u>	<u>1</u>  Fish Herb-Roasted Baby Potatoes Roasted Green Beans Pears	<u>2</u>  Chicken Parm Spaghetti Vegetable Oranges & Pineapples	<u>3</u>  Hot Dog/Wheat Roll Sweet Potato Wedges Vegetable Berry-Oat Yogurt Parfait	<u>4</u>  Ham Sub Chips Assorted Desserts
<u>7</u> CENTER CLOSED  LABOR DAY	<u>8</u>  Creamed Chipped Beef Wheat Egg Noodles Carrots Apples	<u>9</u> <u>FEAST</u>  Salmon Mashed Potatoes Green Peas/Corn Peaches & Pears	<u>10</u>  Meatball Sub Wheat Sub Roll Garden Salad Oranges	<u>11</u>  Baked Spaghetti Roasted Broccoli Yogurt w/ Honey & Strawberries
<u>14</u>  Sloppy Joe Wheat Roll Roasted Cauliflower Pineapple	<u>15</u>  Herb Baked Chicken Rice Vegetable Melons	<u>16</u> <u>FEAST</u>  Pork Chop Baked Sweet Potato Salad Fruit	<u>17</u>  Taco Salad with Black Beans Baked Corn Tortilla Strips Watermelon	<u>18</u>  Turkey Sandwich Vegetable Chips Assorted Desserts
<u>21</u>  Tuna Salad on Wheat Roll Lettuce & Cucumber Slices Fruit Salad	<u>22</u>  Oven Fried Chicken Roasted Potato Wedges Peas & Carrots Baked Apples	<u>23</u>  Chef Salad w/ Egg & Chicken Yogurt Parfait	<u>24</u>  Lasagna Roasted Beans & Tomatoes Peach Cobbler	<u>25</u>  Roast Beef Sandwich Chips Assorted Desserts
<u>28</u>  Hamburger on Wheat Roll Corn Watermelon	<u>29</u>  BBQ Chicken Brown Rice Braised Cabbage Apple/Grape Salad	<u>30</u>  Sausage, Peppers & Onions Cucumber & Tomato Salad Baked Pears	MIKE TEDESCHI COOK 	
				<u>PLEASE NOTE:</u> The Howard J. Weston Community and Senior Center, Inc. Nutrition Program does not discriminate on the basis of sex, creed, national origin, race or handicap.

Although every effort will be made to serve the meals as indicated, the menu is, however, subject to change.