**PREPARED BY: Nona Hollis, Director/certified to contain 1/3 RDA HEDLEY SENIOR CITIZENS, Hedley, Texas**

 **SERVED WITH 2% MILK, TEA OR WATER and Served with Wheat Rolls, Wheat Bread or Cornbread**  **REVIEWED BY Mary Roberson RD, LD CDR # 13835 MONTH: September YEAR: 2024**

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| **MONDAY**  | **TUESDAY**  | **WEDNESDAY**  | **THURSDAY**  | **FRIDAY**  |
| **Closed for Labor Day** | **3. Herb Baked Fish****Garden Blend Rice****Buttered Carrots****Oatmeal Cookie****Chilled Peaches****Whole Wheat Roll** | **4. Chicken Fried Steak****Country Gravy****Homemade Mashed Potatoes****Country Green Beans w/Bacon & Onion****Banana Pudding** **Whole Wheat Roll** | **5. Beef Enchilada Casserole****Spanish Rice****Chopped Spinach****Mexican Cornbread****Homemade Sugar Cookies** | **6. Club Sandwich on W.W. Bread****Steak Fries****Garden Salad****Rice Krispie Treat** |
|  **9. Chicken Alfredo over Penne****Broccoli & Cauliflower****Roasted Sweet Potatoes****Peach Parfait** **Garlic, Parmesan, & Herb W.W. Roll**  | **10. Cheesy Ham & Hashbrown Casserole****Roasted Red Potatoes****Chopped Spinach****Snickerdoodles****W.W. Buttermilk Biscuit** | **11. Chicken Fried Steak****Country Gravy****Homemade Mashed Potatoes****California Blend Vegetables****Butterscotch Bars****W.W. Buttermilk Biscuit** | **12. Pot Roast w/Gravy****Roasted Carrots, Potatoes & Onions****Brown Rice****Monster Cookies****W.W. Roll****Mandarin Oranges** | **13. Bacon Cheeseburger on W.W. Bun****Crispy Tater Tots****Tossed Green Salad****No Bake Cookies** |
|  **16.Spaghetti w/Meat Sauce** **Roasted Sweet Potatoes****Broccoli** **Angel Food Cake w/Fruit** **Garlic, Parmesan & Herb W.W. Roll** | **17. Baked Lemon Pepper Pollack****Herbed Cauliflower****Buttered Rice****Amish Sugar Cookies****Chilled Peaches****W.W. Roll** | **18. Chicken Fried Steak****Country Gravy****Homemade Mashed Potatoes****Seasoned Squash****Chocolate Pudding Parfait****W.W. Buttermilk Biscuit** | **19. Asian Sweet Chili Pork****Chinese Fried Rice****Egg Rolls****Chopped Spinach****Mandarin Orange Sections****Almond Cookies** | **20. Beef, Bean & Cheese Burrito****Refried Beans****Mixed Green Salad****Blonde Brownie** |
|  **23. John Wayne Casserole** **Baked Fresh Sweet Potato****Brussel Sprouts** **Robert Redford Dessert** **Mandarin Oranges****W.W. Roll** | **24.Buttermilk Ranch Chicken****Roasted Red Potatoes****Chopped Spinach****Chocolate Chip Cookie****W.W. Roll** | **25. Chicken Fried Steak****Country Gravy****Homemade Mashed Potatoes** **Broccoli Cauliflower Blend****Snickerdoodles****W.W. Buttermilk Biscuit**  | **26. Spanish Sausage & Rice****California Blend Vegetables****Peach Parfait****Buttermilk W.W. Biscuits** | **27. Bacon Cheeseburger on W.W. Bun****Onion Rings****Mixed Green Salad****Banana****No Bake Cookies** |
|  **30. Country Style BBQ Ribs** **Classic Macaroni Salad** **Mixed Fruit Cup** **Banana Pudding** **W.W. Buttermilk Biscuits** |  |  |  |  |
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