**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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