

SEPTEMBER MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 	3 Brat on a Bun with Sauerkraut Baked Beans Pickle Spear Banana Ice Cream	4 Lemon Pepered Cod with Tartar Sauce Scalloped Potatoes Tomato Spoon ~ Salad Fruit	5 Beef Nachos with Cheese Sauce, Green Onions, Tomatoes, Black Olives, Salsa and Sour Cream Refried Beans Fruita De Coupa	6 Swiss Steak Wild Rice Vegetable Pea & Cheese Salad with Bacon Lemon Cake
9 Green Chili ~ Chicken Burrito with Salsa & Sour Cream Pinto Beans Fruit/Churro	10 Biscuit with Sausage Gravy Warm Cinnamon Apples Tomato Wedges Yogurt Cup	11 	12 Cowboy Beans Sunshine Carrots Garden Salad Cinnamon Roll	13 Fish & Chips with a Lemon Wedge Tartar Sauce Peas Creamy Coleslaw Ice Cream Bar
16 Shepherd's Pie Harvard Beets Tossed Salad with Beans Rainbow Sherbet	17 Chicken Strips with BBQ Sauce Mac & Cheese Peas Rosy Pears	18 Tuna Pasta Salad in a Lettuce Boat with Tomato Wedges & Cucumber Slices Pink Lady Apple Lemon Pudding	19 Cheeseburger with Pickles & Onions Potato Salad Orange Wedges Cookie	20 Cilantro Lime ~ Chicken Thigh Spanish Rice Mexi~Corn Fruit Margarita Cake
23 Spaghetti with Meat Sauce Garlic Bread Green Beans Sliced Peaches Cookie	24 Johnny Appleseed Day Country Fried Steak with Gravy Mashed Potatoes Buttered Carrots Baked Apple	25 Crispy Chicken Sandwich with Lettuce & Tomato Jo Jo's Mexican Street Corn Salad Fruit	26 Turkey Pot Pie Diced Beets Mix Melons Lemonade Square	27 BBQ Meatballs Oven Roasted Potatoes Vegetable Lime Jell-O Salad Cake <i>Alliance, Hts, BCC, & Laurel Birthday</i>
30 Beef & Mushrooms over Mashed Potatoes Green Beans Pears Pudding	1 Sloppy Joe Montana Fair~ Beans Chips Orange Wedges	2 Tennessee Pride Casserole Scrambled Eggs with Cheese Tropical Fruit Scone	3 Chicken Florentine Buttered Noodles Crinkle Cut Carrots Caeser Salad Cookie	4 Pork Chop with Apples Stuffing Broccoli Coleslaw Pumpkin Bar

*Menu Subject to Change

Ave D, BCC, & Westend..... 406-259-9666
 Billings Heights Meal Site..... 406-606-1170
 South Side Senior Center..... 406-256-6413
 Laurel Senior Center 406-628-7571
 Meals on Wheels:..... 406-259-9666

- A requested donation of \$5.00 per meal for adults 60 and above.
- Under 60 charge is \$7.00.
- Menu is subject to change
- GF = Gluten Free on Request

**MEAL SITE RESERVATIONS
must be made by Noon,
at least 1 business day
in advance.**