

**VALENCIA COUNTY OLDER AMERICAN PROGRAM
MONTHLY MENU – September 2013**

MONDAY	TUESDAY	WEDNESDAY	Thursday	FRIDAY
2	3	4	5	6
CLOSED	Cole Slaw Lettuce, Tomato & Onion Green Chile Burgers Tator Tots Bun - Milk Fruit	Carrot Pineapple Salad Pork Carne Adovada Refried Beans Spinach Flour Tortilla-Milk Peach Cobbler	Salad Ground Beef Steak Grilled Onions Green Beans Mashed Potatoes-Roll Milk -Fruit	Beet Salad Tuna Sandwich Lettuce & Tomato Carrot Sticks Macaroni Salad Milk- Bread Fruit
9	10	11	12	13
Pork Tamale Red Chile Spinach Spanish Rice Milk Fruit	Cole Slaw BBQ Beef Onions & Jalapenos Tator Tots Bun – Milk Fruit	Salad Chicken Strips Peas& Carrots Rice Bread Milk- Fruit	Tomato & Onion Salad Hot Roast Beef Sandwich Broccoli Mashed Potatoes Bread-Milk Fruit	Cole Slaw Chile Cheese Dogs Onions Potato Chips Bun – Milk Fruit
16	17	18	19	20
3 Bean Salad Beef Stew W/ Potatoes & Vegetables Crackers Milk-Fruit	Zucchini Salad Beef Tacos Salsa-Lettuce-Tomato Pinto Beans Milk Fruit	Tomato & Onion Salad Hot Turkey Sandwich Brussel Sprouts Mashed Potatoes Bread-Milk Fruit	3 Bean Salad Chicken In Mushroom Sauce Carrots-Rice Crackers-Milk Fruit	Carrot Salad Roast Pork Broccoli Scalloped Potatoes Roll-Milk Fruit
23	24	25	26	27
3 Bean Salad Beef And Macaroni Italian Vegetables Garlic Bread Milk Fruit	Salad Polish Sausage-Onions Sauerkraut Ranch Beans Bun-Milk Fruit	Potluck & Monthly Birthday Party With Fiddlers & Musicians Of New Mexico	Cucumber Salad Chicken Salad Sandwich Lettuce & Tomato Potato Chips-Bread Milk Fruit	Zucchini Salad Beef Lasagna Italian Vegetables Garlic Bread Milk Fruit
30				
Lettuce & Tomato Red Chile Beef Enchiladas Spinach Refried Beans Milk - Fruit				