

SEPTEMBER 2010 SUPPER SACKS

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 COTTAGE CHEESE W/TOMATO ICEBURG LETTUCE CRACKERS 100% PINEAPPLE JUICE OATMEAL ROLL	2 ASIAN CHICKEN SALAD WITH ALMONDS ORANGE JUICE CRACKERS GARLIC HERB ROLL	3 TURKEY WRAP W/PESTO & COLBY AMBROSIA SALAD APPLE SPICE MUFFUN	4
5	6 Labor Day AGENCY CLOSED	7 TUNA SALAD SANDWICH ON WHITE BREAD ZUCCHINI SLAW CORN & BACON CHOWDER PEARS	8 ISLAND MAC. & CRAB SALAD MARINATED TOMATOES ORANGE WHITE ROLL	9 ROAST BEEF & SWISS SANDWICH ON WHITE BREAD MARINATED VEGETABLES C.J.'S HOMEMADE POTATO SALAD ORANGE PINEAPPLE JUICE	10 TUNA & ROTINI SALAD W/PEAS GRAPES MARIN. CUKES & TOMATOES APPLE SPICE MUFFIN CRACKERS	11
12	13 SEAFOOD SALAD SANDWICH ON WHITE BREAD BROCCOLI SALAD PEA & ONION SALAD PINEAPPLE TIDBITS	14 EGG SALAD SANDWICH WHEAT BREAD BEEF & BARLEY VEGETABLE SOUP ORANGE CRACKERS	15 TURKEY & SWISS BAGEL ON WHITE BREAD MARINATED TOMATOES C.J.'S HOMEMADE POTATO SALAD 100% ORANGE PINEAPPLE JUICE	16 CREAMY CRAB PASTA SHELLS FRUIT COCKTAIL GARBANZO BEAN SALAD OATMEAL ROLL	17 CHICKEN CHEDDAR SALAD WITH CROUTONS RAISIN BRAN MUFFIN 100% APPLE JUICE RANCH DRESSING	18
19	20 ZESTY CHICKEN WRAP W/CHEESE BROCCOLI SALAD CHUNKY APPLESAUCE RAISIN BRAN MUFFIN	21 YOGURT WITH PEACHES SCOTT'S GRANOLA SPLIT PEA SOUP/CRACKERS RAISIN BRAN MUFFIN	22 GARDEN CHEF SALAD W/TURKEY FRUIT COCKTAIL ROLL HERB CROUTONS 100% ORANGE PINEAPPLE JUICE	23 ALL WHITE MEAT CHICKEN SALAD ON WHEAT BREAD CREAMY MACARONI SALAD 100% APPLE JUICE	24 ALBACORE TUNA SALAD WHITE BREAD CREAMY COLESLAW 100% GRAPE JUICE THREE BEAN SALAD	25
26	27 CHICKEN CHEDDAR SALAD RAISIN BRAN MUFFIN MANDARIN ORANGES FRENCH DRESSING CRACKERS	28 CURRY RICE & TURKEY SALAD BLACK BEAN SALAD ORANGE CREAMY CHICKEN & WILD RICE SOUP	29 ZESTY CHICKEN WRAP WITH CHEESE CHUNKY APPLESAUCE FRUIT MUFFIN CRACKERS	30 TURKEY TWIST SALAD TROPICAL FRUIT 100 % PINEAPPLE JUICE BROWN RICE AND PEA SALAD BANANA MUFFIN		
	<p>All meals contain 80-100 grams of carbohydrates, approximately 5-6 carb "servings". All menus are trans fat free. Menu Subject to Change</p>				<p>Senior Services, Inc.</p>  <p>Meeting the need – yesterday, today...and tomorrow</p>	