

SEPTEMBER MENU – 2026

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
		1		2		3		4	
		Beef Chili	3/4 c	Enchilada Chicken Breast	1 ea	Bourbon Pork	3 oz	Vegetable Soup	6 oz
		Corn	1/2 c	Brown Rice	1/2 c	Cheesy Potatoes	1/2 c	Chicken Parmesan	1 ea
		Carrots	1/2 c	Fiesta Vegetables	1/2 c	Sauteed Mixed Greens	1/2 c	WG Rotini Pasta	1/2 c
		WG Cornbread Muffin	2 ea	Flour Tortilla	1 slc	Wheat Bread	2 slc	Italian Bread	1 slc
		Mixed Fruit	1/2 c	Tropical Fruit	1 ea	Vanilla Pudding	1/2 c	Seasonal Fruit	1 ea
		Milk	8 oz	Milk	8 oz	Assorted Fruit Juice	4 oz	Milk	8 oz
		Margarine	1 ea	Margarine	1 ea	Milk	8 oz	Margarine	1 ea
						Margarine	1 ea	Saltine Crackers	1 pkt
7		8		9		10		11	
ELDERHOUSE IS CLOSED FOR LABOR DAY		Broccoli & Cheese Frittata	3/4 c	Turkey Taco Meat	4 oz	California Vegetable Soup	6 oz	SW Lime Chicken Leg Qtr	1 ea
		Tater Tots	1/2 c	Brown Rice	1/2 c	Beef Tips w/Gravy	1/2 c	Confetti Brown Rice	1/2 c
		Peppers & Onions	1/2 c	Mexican Corn	1/2 c	WG Elbow Pasta	1/2 c	Plantains	1/2 c
		Wheat Bread	2 slc	Flour Tortilla	1 ea	Wheat Bread	1 slc	White Bread	1 slc
		Applesauce	1/2 c	Pineapple Tidbits	1 ea	Tropical Fruit	1 ea	Fudge Crème Cookie	1 ea
		Milk	8 oz	Milk	8 oz	Milk	8 oz	Assorted Fruit Juice	4 oz
		Margarine	1 ea	Sour Cream	1 ea	Margarine	1 ea	Milk	8 oz
14		15		16		17		18	
Hamburger Patty	1 ea	Szechuan Style Chicken Breast	1 ea	WG Beef Spaghetti	3/4 c	Potato Soup	6 oz	BBQ Chicken Leg Quarter	1 ea
American Cheese	1 slc	Brown Rice	1/2 c	Casserole		Garlic Mustard Pork Lion	3 oz	WG Macaroni & Cheese	1/2 c
Crinkle Cut Fries	1/2 c	Broccoli	1/2 c	Green Peas	1/2 c	Mixed Vegetables	1/2 c	Sauteed Mixed Greens	1/2 c
Green Beans	1/2 c	Wheat Bread	1 slc	Cauliflower	1/2 c	Wheat Bread	2 slc	WG Dinner Roll	1 slc
WG Kaiser Bun	1 ea	Oatmeal Cookie	1 ea	Wheat Bread	2 slc	Mandarin Oranges	1/2 c	Applesauce	1/2 c
Seasonal Fruit	1 ea	Assorted Fruit Juice	4 oz	Seasonal Fruit	1 ea	Milk	8 oz	Milk	8 oz
Milk	8 oz	Milk	8 oz	Milk	8 oz	Margarine	1 ea	Margarine	1 ea
Ketchup	1 ea	Margarine	1 ea	Margarine	1 ea	Saltine Crackers	1 pkt		
21		22		23		24		25	
Potato Crusted Pollock	1 ea	BBQ Glazed Pork Rib Patty	1 ea	Corn Chowder	6 oz	Salisbury Steak w/Br	1 ea	Stuffed Shells w/	2 ea
Lemon Orzo	1/2 c	Ranch Beans	1/2 c	Chicken Fajitas	1/2 c	Gravy	1/2 c	Alfredo Sauce	
Capri Vegetables	1/2 c	Corn O'Brien	1/2 c	Cilantro Lime Brown Rice	1/2 c	Whipped Potatoes	1/2 c	Lima Beans	1/2 c
Wheat Bread	1 slc	WG Hamburger Bun	1 ea	Flour Tortilla	1 ea	Brussels Sprouts	2 slc	Ratatouille Vegetables	1/2 c
Pineapple Tidbits	1/2 c	Seasonal Fruit	1 ea	Mixed Fruit	1/2 c	Wheat Bread	1 ea	Wheat Bread	1 slc
Milk	8 oz	Milk	8 oz	Milk	8 oz	Chocolate Chip Cookie	4 oz	Seasonal Fruit	1 ea
Margarine	1 ea			Sour Cream	1 ea	Assorted Fruit Juice	8 oz	Milk	8 oz
Tartar Sauce	1 ea			Saltine Crackers	1 pkt	Milk	1 ea	Margarine	1 ea
						Margarine			
28		29		30					
Honey Peppercorn	1 ea	WG Macaroni & Cheese	1 c	Hamburger Patty	1 ea	ElderHouse serves: Coffee at 8:30am Lunch at 12:00noon Snack at 2:00pm Hydration is offered throughout the day			
Chicken Breast		Baked Beans	1/2 c	w/ Swiss Cheese	1 slc				
Mashed Yams	1/2 c	Collard Greens	1/2 c	Oven Roasted Potatoes	1/2 c				
Lima Beans	1/2 c	WG Cornbread Muffin	1 ea	Mixed Vegetables	1/2 c				
Wheat Bread	2 slc	Diced Pears	1/2 c	WG Kaiser Bun	1 ea				
Seasonal Fruit	1 ea	Milk	8 oz	Seasonal Fruit	1 ea				
Milk	8 oz	Margarine	1 ea	Milk	8 oz				
Margarine	1 ea			Ketchup	1 ea				