

West Spfld COA Sept. 2019 Menu ~ Reservation Line: 263-3264

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
2) We are Closed Today ~ There are No Meal Services 	3) Stuffed Cabbage Mashed Potato Fresh Zucchini Wheat Bread Tomato Juice Fresh Orange \$3	4) Ice Cream with Senator Welch Chicken Piccata Bow Tie Pasta Normandy Blend Veg. Italian Bread Snack Loaf \$3	5) Spaghetti & Sauce Sausages Tossed Salad with Dressing Italian Bread Mixed Fruit Cup \$3	6) Fish Florentine Rice Pilaf Cole Slaw Wheat Bread Chocolate Pudding \$3	Suggested Weekly Donation \$12
9) * L. S. Hot Dog French Fries 4-Bean Salad Wheat Bun Apricots \$3	10) Beef Tips with Peppers & Onions Egg Noodles Peas & Carrots Italian Bread Chef's Choice Muffin \$3	11) Potato Crunch Fish Sandwich w/tartar sauce, Lettuce & Tomato, Tater Tots Wheat Bun Fresh Cantaloupe \$3	12) Turkey Dinner with Gravy, Butternut Squash, Bread Stuffing Cranberry Sauce Italian Bread Tapioca Pudding \$3	13) Salisbury Steak Mashed Potato Broccoli Wheat Bread Orange Pineapple Juice Pineapple Tidbits \$3	Suggested Weekly Donation \$15
16) Meat Chili Baked Potato w/ Cheese, Sour Cream Baby Carrots Wheat Bread Apple Juice Sliced Peaches \$3	17) Chicken Breast Parmesan Penne Pasta Italian Green Beans Italian Bread Fruited Jell-O \$3	18) Liver & Onions Mashed Potato California Blend Veg. Italian Bread Lemon Pudding \$3	19) Ice Cream with Mont Marie Rehab Pork Cutlet Dirty Rice Oriental Blend Veg. Wheat Bread Fresh Banana \$3	20) Shepard's Pie with Hamburg, Corn & Mashed Potato Squash Medley Wheat Bread Chef's Choice Cookie \$3	Suggested Weekly Donation \$15
23) America Chop Suey with Hamburg & Elbow Macaroni Green Beans Italian Bread Diced Pears \$3	24) Hamburger Fried Peppers & Onions, Pickled Beets, Steak Fries Wheat Bun Butterscotch Pudding \$3	25) Chicken Breast Salad Cold Plate, Sliced Cucumber & Tomato w/ Dressing, Pasta Salad, Wheat Bun Grape Juice Tropical Fruit Salad \$3	26)— Birthday Lunch Roast Pork Dinner with Gravy Sweet Potato Mixed Vegetables Wheat Bread Birthday Cake \$3	27) * L. S. Mac & Cheese with Crunchy Bread Topping Cooked Peas Wheat Bread Fresh Apple \$3	Suggested Weekly Donation \$15
30) Salmon Boat with Dill Sauce Mashed Potato Brussels Sprouts Sliced Peached Wheat Bread Mandarin Oranges \$3	If your Birthday is this month and you live in West Springfield we want to treat you to a free lunch on the last Thursday of this month! An Asterisk * identifies a higher sodium meal.	Meal Reservations are required and must be made by <u>NO LATER THAN 10AM on the day prior.</u> Please Call 263-3264 To reserve your seat for a fabulous meal!		NOTICE: Please call before 10 am the day before to reserve a meal with us.	Suggested Weekly Donation \$3
Our Nutrition Program is funded in part by the MA Executive Office of Elder Affairs and the Federal Administration for Community Living		Suggested Monthly Donation \$60 Meals subject to change without Notice. Donations: \$3/>60 yrs., \$3.75/<60 yrs.		Lunch—11:30 am—12:15 pm 1 or 2% Milk Daily Multi-Grain Bread 3x/week	