

M-F Senior Center
541-938-3311

Milton-Freewater and
Weston * Senior Centers
Menu for September 2017



THANK-YOU TO THIS MONTH'S MEAL SPONSORS!

MONDAY	M-F TUESDAY	WESTON * WEDNESDAY	THURSDAY	M-F FRIDAY
				1 Pork Chops W/ Beef Gravy Dressing Green salad Applesauce Rolls Spice cake
4	5 Meat Balls W/ Mushroom Gravy Potato's Mixed Veggies Oranges and Apples Rolls Upside down Cake	6 Potato Bar Beef Chili Salad Carrots Bread Cake	7	8 Tatter to Casserole w/ Beef Veggie tray Fruit tray blueberry Muffin Pudding Sponsored By Cascade Valley
11	12 Beef Stroganoff w/noodles Cole slaw Bread Fresh Fruit Special Dessert	13 Stuffed Bell Peppers w/Rice Salad Green Beans Muffin Cobbler	14	15 Roast Beef w/gravy Potato's Fresh Fruit Mixed Veggies Bread Fruit Crisp Sponsored by Sykes Enterprises
18	19 Country Fried Steak w/gravy Whipped Potato's Tossed Salad Peaches rolls Cookies	20 Saulsberry steak w/gravy Sautéed Mushrooms Potato's Beets bread Crisp Fruit	21	22 Taco Salad Beef and Refried Beans Fruit cups and Tortilla chips Tomatoes and Onions Spice Cake
25	26 Beef hotdogs and Patties Baked Beans Potato salad Fresh Fruit Buns Brownies	27 BIRTHDAY DINNER Chicken w/gravy Mashed Potato's Fruit and Veggie Tray Rolls Cake and Ice Cream Sponsored by Brookdale College Place	28	29 BIRTHDAY DINNER Baked Chicken Mashed Potato's w/gravy Spring Veggies Fruit Salad and rolls Cake and Ice Cream Sponsored by Brookdale College Place

MILK SERVED AT EACH MEAL \$3.50 PER MEAL (suggested donation) MENUS ARE SUBJECT TO CHANGE