<table>
<thead>
<tr>
<th>Sun</th>
<th>Mon</th>
<th>Tue</th>
<th>Wed</th>
<th>Thu</th>
<th>Fri</th>
<th>Sat</th>
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</thead>
</table>
| Please call before 10:00 a.m. if you know you will not be home for your meal! Call 484-9224. | Meals are subject to change without notice! | 1. Goulash
   Garlic bread
   California blend
   Applesauce
2. Grilled chicken patty
   Rice pilaf
   Asparagus
   Mixed fruit
3. Loose meat sandwich
   Baked chips
   Peaches
5. Hamburger/rice stew
   1/2 bread
   Corn on the cob
   Pears
7. Roasted beef
   Wheat bread
   Mixed veggies
   Mandarin oranges
8. Ham slice
   Mac & cheese
   Steamed carrots
   Banana
10. Turkey bacon salad
    Croutons
    Salad blend
    Watermelon
12. BBQ pork patty
    Wheat bun
    Side salad
    Tropical fruit
13. New England clam chowder
    Crackers
    Broccoli
    Strawberry shortcake
14. Hot beef sandwich
    Wheat bread
    Mashed potatoes/gravy
    Blueberries
15. Potato soup
    Cornbread
    Apricots
17. Corn meal sausage
    Frybread
    Zucchini slices
18. Cold cut combo
    Wheat bun
    Cantaloupe
19. Baked chicken
    Garlic toast
    Peas and carrots
    Fruit cocktail
21. Pork fritter
    Wheat bread
    Mashed potatoes/gravy
    Plum
22. Beef & hominy
    1/2 frybread
    Blackberries
24. Stuffed bell peppers
    1/2 bread
    Green beans
    Pineapple
26. Salmon salad sandwich
    Croissant
    Salad blend
    Raspberry
27. Au gratin potatoes
    Corn
    Apple slices
28. Creamy chicken/rice
    Bekotea
    Cucumber slices
    Grapes
29. Beef meatloaf
    Roll
    Cauliflower
    Cherry cheesecake
30. September 2021

“If you run out of ideas follow the road; you'll get there.” -Edgar Allan Poe