


September 2023 - Bag Supper Menu

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9/4 	9/5 2 Soy Butter & Jelly Sandwiches Hummus Cup with Baby Carrots Fruit Cup	9/6 Turkey & Swiss on White Wheat Bread Red Skin Potato Salad Mixed Fruit Cup Yogurt Mayonnaise Fruit & Vegetable Juice	9/7 Ham & Swiss on a Whole Grain Club Roll Raisins Yogurt Mustard Fruit & Vegetable Juice	9/8 Meatloaf on a Potato Bun Potato Salad Diced Peaches Ketchup	9/9 Egg Salad on 12 Grain Bread Peaches Pudding Cup Fruit & Vegetable Juice	9/10 Cranberry Chicken Salad on a Croissant Yogurt Mandarin Orange Fruit Cup Fruit & Vegetable Juice
9/11 Tuna Salad with Pimentos on Potato Bread Tomato & Cucumber Salad Orange Fruit & Vegetable Juice	9/12 Pepper Ham & Muenster Cheese on Whole Grain Club Roll Black Bean & Corn Salad Apple Fruit & Vegetable Juice	9/13 Ham and Cheese Wrap Sunflower Seed and Craisin Mix Pudding Cup Fruit & Vegetable Juice	9/14 Chicken Salad on White Wheat Bread Hummus Cup with Baby Carrots Pear or Apple Yogurt	9/15 Roast Beef with Provolone Cheese 12 Grain Bread Coleslaw Orange Mustard	9/16 Grilled Chicken Patty on Whole Wheat Hamburger Roll Cucumber and Onion Salad Pudding Cup Mayonnaise Fruit & Vegetable Juice	9/17 Tuna Salad with Pimentos on Potato Bread Tomato & Cucumber Salad Orange Fruit & Vegetable Juice
9/18 Ham & Swiss on a Whole Grain Club Roll Raisins Yogurt Mustard Fruit & Vegetable Juice	9/19 Meatloaf on a Potato Bun Potato Salad Diced Peaches Ketchup	9/20 Egg Salad on 12 Grain Bread Peaches Pudding Cup Fruit & Vegetable Juice	9/21 Cranberry Chicken Salad on a Croissant Yogurt Mandarin Orange Fruit Cup Fruit & Vegetable Juice	9/22 Ham and Cheese Wrap Sunflower Seed and Craisin Mix Pudding Cup Fruit & Vegetable Juice	9/23 2 Soy Butter & Jelly Sandwiches Hummus Cup with Baby Carrots Fruit Cup	9/24 Pepper Ham & Muenster Cheese on Whole Grain Club Roll Black Bean & Corn Salad Apple Fruit & Vegetable Juice
9/25 Chicken Salad on White Wheat Bread Hummus Cup with Baby Carrots Pear or Apple Yogurt	9/26 Roast Beef with Provolone Cheese 12 Grain Bread Coleslaw Orange Mustard	9/27 Tuna Salad with Pimentos on Potato Bread Tomato & Cucumber Salad Orange Fruit & Vegetable Juice	9/28 Grilled Chicken Patty on Whole Wheat Hamburger Roll Cucumber and Onion Salad Pudding Cup Mayonnaise Fruit & Vegetable Juice	9/29 Ham and Cheese Wrap Sunflower Seed and Craisin Mix Pudding Cup Fruit & Vegetable Juice	9/30 Turkey & Swiss on White Wheat Bread Red Skin Potato Salad Mixed Fruit Cup Yogurt Mayonnaise Fruit & Vegetable Juice	10/1 Meatloaf on a Potato Bun Potato Salad Diced Peaches Ketchup

- All bag suppers contain 1% milk .
- All meals subject to change.

- Meals available by reservation. Call your Senior Center to reserve your bag supper. Bag supper meals are available 7 days a week.
- Saturday meals served at St. Anthony's