



MONTHLY MENU

SEPTEMBER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Ham w/ Pineapple Yams Mixed Veggies	2 Chicken Nuggets Mashed Potatoes Mixed Veggies	3 Pulled BBQ Pork Baked Beans Cobbler	4 Chicken Alfredo w/Peas & Carrots Pasta Pears
7 CLOSED HAPPY LABOR DAY	8 BBQ Chicken Thigh Potato Wedges Green Beans	9 Salisbury Steak w/ Gravy Mashed Potatoes Green Beans	10 Chicken Fajitas w/ Peppers and Onions Spanish Rice Refried Beans	11 Spaghetti & Meatballs Mixed Veggies Roll
14 Salisbury Steak w/ Gravy Mashed Potatoes Green Beans	15 Cobb Salad Roll Dressing	16 Vegetable Lasagna Dinner Roll Broccoli	17 Sweet & Sour Chicken W/Rice Mixed Veggies Roll	18 Chicken Enchilada Fiesta Veggies Rice
21 Meatloaf w/ Gravy Mac & Cheese Veggies	22 Denver Omelet Breakfast Potatoes Pork Sausage	23 Chicken Nuggets Mashed Potatoes Mixed Veggies	24 Sweet & Sour Meatballs Pasta & Carrots	25 Beef Lasagna Dinner Roll Broccoli
28 Pulled BBQ Pork Baked Beans Cobbler	29 Chicken Cordon Bleu Potato Wedges Mixed Veggies	30 Seasoned Chicken w/ Gravy Mashed Potatoes Carrots		

1% milk and fruit are included with each meal. A donation of \$3.00 is requested for each meal.

Meals are prepared by WARMC. Meal costs partially funded by: WACOG & United Healthcare.



Menu is subject to change. Senior Nutrition Center is located at 2275 Trane Rd, Bullhead City.
Congregate lunch is served Monday through Friday 11:30 am - 12:30 am to those 60+ or with a disability. Meals on Wheels clients: please call the nutrition center when you will not be home for your meal delivery (928) 763-0193.