

September 2018

# THE LIGHTER SIDE OF SENIOR DINING

Delano Senior Center

763-972-0574

## Catholic Charities Menu Choices for the Light Meal Option

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>3</b> <b>Closed for Labor Day</b> <i>Happy Labor Day!</i> 	<b>4</b> Lighter side Navy Bean Soup Chicken Salad Sandwich Lettuce Salad Ice Cream	<b>5</b> Lighter side Sausage Quiche Fried Potatoes Fruit Cup Muffin Apple Pie	<b>6</b> No Lighter side Turkey Tetrazzini Cucumber & Onion Salad Fresh Fruit Wheat Bread Cran-Apple Crunch	<b>7</b> Lighter side Chicken Stir Fry with Stir Fry Vegetables Rice Garden Salad Mixed Fruit
<b>10</b> No Lighter side Baked Ham Sweet Potatoes Broccoli Normandy Wheat Bread Vanilla Pudding	<b>11</b> Lighter side Cream of Potato Soup Egg Salad Sandwich Lettuce Salad Molasses Cookie	<b>12</b> No Lighter side Pork Roast Red Skinned Potatoes w/Gravy Country Trio Vegetables Wheat Bread Peach Chiffon	<b>13</b> No Lighter side Homecoming Touch Down Tacos w/Tomatoes & Onions Lettuce Spanish Rice Beans Ballroom Brownie	<b>14</b> Lighter side Chicken Vegetable/Rice Soup Hamburger on a Bun Lettuce Salad Fruit
<b>17</b> Lighter side Chef's Salad: Lettuce, Meat, Cheese & Vegetables Breadstick Sliced Pears	<b>18</b> No Lighter side Apple Braised Pork Chop Mashed Potatoes w/Gravy Harvard Beets Wheat Dinner Roll Blueberry Crumb Cake	<b>19</b> Lighter side Stuffed Green Pepper Fresh Fruit Cup Wheat Bread Strawberry Cream Dessert	<b>20</b> Lighter side Chicken Vegetable Soup Bacon, Lettuce & Tomato Sandwich Lettuce Salad Chocolate Mousse	<b>21</b> Lighter side Cream of Potato Soup Tuna Salad Sandwich Lettuce Salad Whipped Gelatin
<b>24</b> No Lighter side Hamburger on a Bun Baked Beans Coleslaw Ice Cream	<b>25</b> No Lighter side Roast Beef Whipped Potatoes w/Gravy Green Beans Wheat Bread Warm Fruit Compote	<b>26</b> Lighter side Vegetable Beef Soup Egg Salad Sandwich Lettuce Salad Apple Bar	<b>27</b> Lighter side Oriental Chicken Salad over Lettuce Fruit Wheat Bread Cowboy Cookie	<b>28</b> No Lighter side Egg Bake Orange Juice Tri-Tators Fresh Fruit Banana Cake

1% milk is served with every meal. Menu is subject to change. Suggested contribution for persons 60+ and volunteers is \$7.75 - \$4.00. No Registered Guest 60+ is denied a meal based on their ability to pay. Guests under 60 pay \$7.75. Partially funded under contract with the Central Minnesota Council on Aging as part of the Older Americans Act Program and Administered by Catholic Charities of the Diocese of St. Cloud.