

SEPTEMBER 2023 LUNCH MENU

PEACE, INC. SENIOR NUTRITION PROGRAM

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
4 SENIOR CENTER CLOSED LABOR DAY	5 SYRACUSE'S FAMOUS CHICKEN RIGGIE'S GREENS AND BEANS JUICY DICED PEACHES FRESH BAKED DINNER ROLL	6 SLICED ROAST BEEF AND CHEDDAR ON A WHOLE WHEAT KAISER TOMATO CUCUMBER SALAD WITH TORTELLINI APPLE	7 CATERED LUNCH GOULASH, SALADS LORI WILBUR ENTERTAINING \$5 – SIGN UP IN OFFICE
11 BARBEQUE GRILLED CHICKEN BREAST BAKED BEANS CAPRI BLEND VEGETABLE MANDARIN ORANGES	12 POLYNESIAN PORK WITH SEASONED BROWN RICE PEAS WITH SAUTÉED MUSHROOMS FRESH BAKED PEANUT BUTTER COOKIE	13 TEX-MEX BURGER SERVED WITH CARAMELIZED ONIONS AND SWEET MAYO OVEN ROASTED ZUCCHINI JELL-O CAKE	14 CHICKEN ALA KING OVER BISCUIT STEAMED ASPARAGUS PINEAPPLE
18 OVEN BAKED ZITI WITH GIANELLI ITALIAN SAUSAGE CRISP CHEF'S SALAD WITH LOW SODIUM ITALIAN DRESSING DICED PEARS	19 TURKEY DELUXE SANDWICH ON RYE WITH LETTUCE, TOMATO AND BACON MAYO CHUNKY BASIL TOMATO SOUP FRESH STRAWBERRIES WITH WHIPPED TOPPING	20 SALT CITY FRIED CHICKEN BLACK BEANS AND RICE CREAMY BROCCOLI SALAD MANDARIN ORANGES	21 SLOW COOKED PORK AND GRAVY HOME STYLE MASHED POTATOES FOUR WAY MIXED VEGETABLES APPLESAUCE
25 BEEF CHILI CON CARNE ROMAINE AND MANDARIN ORANGE SALAD FRUIT COCKTAIL HONEY CORN BREAD MUFFIN	26 SIRLOIN BEEF STROGANOFF SERVED OVER PARSLIED EGG NOODLES CALIFORNIA BLENDED VEGETABLES FRESH BANANA	27 GLAZED HAM SWEET POTATOES WITH CINNAMON PECAN CRUNCH SPINACH PINEAPPLE	28 BONELESS CHICKEN CACCIATORE SERVED OVER WHOLE GRAIN PENNE RIGATE PASTA FRESH SPINACH SALAD LEMON ITALIAN ICE CRUSTY ITALIAN BREAD

RESERVATIONS: CALL THE LUNCH LINE @315-469-3259 LUNCH IS SERVED AT NOON 60+ SENIORS... \$3.50 GUESTS UNDER 60... \$7.00

LUNCH RESERVATIONS SHOULD BE IN BY 12:30 PM THE DAY BEFORE OR BY THURSDAY 12:30PM FOR THE FOLLOWING WEEK.

If you have a food allergy, please notify us.