



**ALL MEALS  
ARE SERVED  
WITH 2%  
MILK**

## September Menu

**Please call 919-833-1749 before 12pm the day before to cancel meal delivery if you will not be home**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9/4	9/5	9/6	9/7	9/8
<b>Closed for Labor Day</b>	<b>Orange Glazed Chicken Breast</b>  <b>CA Blend Veg</b> <b>Navy Beans;</b> <b>Fresh Fruit</b>  <b>Sourdough Bread</b>	<b>Chicken Fettucini Alfredo w/ Broccoli Peas &amp; Pearl Onions</b>  <b>Carrot Coins Dill</b>  <b>Orange; Wheat Roll</b>	<b>Beef &amp; Broccoli w/ Brown Rice Oriental Vegetable Mix</b> <b>Fresh Fruit; Apple Juice</b>  <b>Wheat Bread</b>	<b>Beef Stuffed Pepper Casserole</b>  <b>Spinach</b> <b>Apple; Peach Crisp</b>  <b>Wheat Bread</b>
9/11 "Never Forget"	9/12	9/13	9/14	9/15
<b>Beef Stroganoff</b>  <b>Broccoli; Apple</b>  <b>Glazed Carrots</b>  <b>Sourdough Bread</b>	<b>Chicken Breast w/ Southwest Sauce</b>  <b>Yellow Squash</b> <b>Blackeyed Peas;</b> <b>Wheat Roll</b> <b>Lemon Pudding;</b> <b>Fresh Fruit</b>	<b>Spaghetti w/ Ground Beef Italian Vegetables</b> <b>Apple Cobbler;</b> <b>Italian Bread</b> <b>Orange;</b> <b>Cranberry Juice</b>	<b>Rotiserie Chicken</b>  <b>Broccoli w/ Cheese Sauce</b>  <b>Mashed Potatoes</b>  <b>Banana;</b> <b>Sourdough Bread</b>	<b>BBQ Pork Riblet Sandwich</b>  <b>Mac &amp; Cheese</b>  <b>Mustard Greens w/ Vinegar</b> <b>Fresh Fruit; Grape Juice</b>
9/18	9/19	9/20	9/21	9/22
<b>Chicken Parmesan</b> <b>Capri Vegetables;</b> <b>Wheat Roll</b> <b>Lentils w/ Spinach</b> <b>Fresh Fruit;</b> <b>Orange Juice</b>	<b>Beef Meat Loaf</b> <b>Spinach; Wheat Bread</b> <b>Potatoes, Onion &amp; Mixed Peppers</b> <b>Banana; Apple Juice</b>	<b>Brunswick Stew (Pork &amp; Chicken) Rice; Glazed Carrots</b>  <b>Rice; Wheat Roll</b>  <b>Butterscotch Pudding; Apple</b>	<b>Hamburger w/ Lettuce &amp; Tomato</b>  <b>Brussels Sprouts</b>  <b>Yams &amp; Pineapple</b>  <b>Fresh Fruit</b>	<b>Baked Chicken Leg</b>  <b>Squash Casserole</b>  <b>Broccoli &amp; Carrots</b>  <b>Banana;</b> <b>Sourdough Bread</b>
9/25	9/26	9/27	9/28	9/29
<b>BBQ Pork Sandwich &amp; Green Beans w/ Red</b> <b>Au Gratin Potatoes</b>  <b>Fresh Fruit</b>	<b>Chicken Pot Pie</b> <b>Carrot Coins w/ Dill</b> <b>Field Peas;</b> <b>Sourdough Bread</b>  <b>Fresh Fruit</b>	<b>Peppered Beef Swiss Steak</b>  <b>Sweet Potatoes</b>  <b>Spinach; Wheat Roll</b>  <b>Banana; Grape Juice</b>	<b>Beef Ravioli</b>  <b>Zucchini Medley</b>  <b>Peach Crisp;</b> <b>Orange</b>  <b>Wheat Bread</b>	<b>Chicken &amp; Rice Casserole w/ Carrots</b>  <b>Apple Raisin Compote</b> <b>Green Beans;</b> <b>Banana</b>  <b>Sourdough Bread</b>

### Item Descriptions

**California Blend-** Broccoli, Cauliflower, Carrots

**Oriental Veg Mix-**Broccoli, Green Beans, Carrots, Onions, Mushrooms, Red Peppers

**Stuffed Green Pepper Casserole-** Ground Beef, Rice, Mixed Peppers, Brown Gravy

**Beef Stroganoff-** Ground Beef, Egg Noodles, Sour Cream, Brown Gravy

**Southwest Sauce-** Corn, Black Beans, Tomatoes, Cumin Cream Sauce

**Italian Vegetables-** Zucchini, Cauliflower, Lima Beans, Italian Green Beans

**Capri Vegetables-** French Cut Green Beans, Carrots, Zucchini, Squash

**Brunswick Stew-** Pork, Chicken, Beef, Lima Beans, Corn, Potatoes, Tomatoes

**Squash Casserole-** Yellow Squash, Stuffing Mix w/ Seasoning

**Chicken Pot Pie -** Chicken, Potatoes, Green Beans, Corn, Lima Beans, Carrots



# HAPPY BIRTHDAY



**A very happy birthday to all of our clients born in September. We wish you happiness and health for the year to come!**

ANNETTE	R	DAVID	P	GRETA	J	LAURA	L	SARAH	W
ANNIE	L	DELANO	J	H. THERESA	P	LELLON	S	SHARON	M
ARCHIE	C	DELORES	C	HAROLD	B	LENELTER	H	SHIRLEY	J
BARBARA	H	DONALD	J	HATTIE	J	LIZZIE	W	SHIRLEY	O
BARBARA	W	DONNA	M	HEATHER	K	LOLA	S	SURESH	M
BEATRICE	B	DORETHERA	T	HUE	R	LORI	D	SUSAN	B
BEATRICE	R	DORIS	A	JAMES	G	LOUISE	C	TED	S
BERTIE	H	DORIS	U	JAMES	M	LUCY	H	TITUS	R
BRIAN	G	DOROTHY	B	JANET	A	LYNDA	S	VALERIE	F
BRIELO	L	DOYLE	W	JANICE	B	MADELINE	M	VERA	W
BRUCE	W	DURWOOD	B	JANICE	R	MADLYN	L	VERA	Y
C. CHRISTOPHER	E	EDITH	W	JANNIE	A	MAEVERTA	J	VIRGINIA	E
CAROL	C	EDWIN	J	JEAN	B	MARGARET	D	WALTER	W
CAROL	C	EDWINA	R	JENNIFER	T	MARK	L	WILLIAM	B
CAROL	H	ESPERANZA	E	JESSE	S	MARY	H	WILLIAM	U
CHARLES	P	EVA	L	JOHN	M	MARY	S	WILLIE	H
CHRISTINE	H	FAY	O	JOSE	R	MICHAEL	W	WILLIE	M
CHRISTOPHER	B	FRANCIS	W	JOSEPH	M	MILLARD	C	ZALENE	W
CHRISTOPHER	D	GALE	H	JOSEPHINE	M	MINNIE	W	TANGIE	T
CLARENCE	S	GARY	P	JOYCE	G	NANNIE	S	THOMAS	J
CLARENCE	Z	GEORGE	R	JOYCE	H	NATHANIEL	M	TRACEY	J
CLAUDE	S	GERALDINE	B	JOYCE	H	OCIE	G	ULYSSES	H
CYNTHIA	D	GLORIA	S	JUDITH	C	PAMEYULA	H	UTE	H
CYNTHIA	G	GORDON	K	KAREN	B	PATRICIA	M	VENITA	E
DARRELL	B	GRACE	T	KARRYEN	L	PAULA	S	VERDELL	W
<b>Upcoming Holidays &amp; Closures</b>				KATHY	K	PHYLLIS	P	VIOLET	K
<b>September 4 - Labor Day</b>				KEITH	W	RICHARD	P	VIRGINIA	C
<b>November 10 - Veteran's Day</b>				KENNETH	P	RICKY	W	W. GAYLE	K
<b>November 23 &amp; 24 - Thanksgiving</b>				LARRY	B	RITA	M	WALTER	R
<b>December 22 - Winter Holiday</b>				LARRY	B	ROBERT	B	WANDA FAYE	G
<b>December 25 &amp; 26 - Winter Holiday</b>				LASHEBA	D	ROBERT	G	WILLIAM	S
<b>You are important to us. Have a wonderful month!</b>						RUBY	S	ZIMBALIST	W