**SEPT. 2019 Fairmont & Exeter Senior Centers 402.268.2831**

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| Monday | Tuesday | Wednesday | Thursday | Friday |
| **Milk & Bread**  **Available !!!!!** | **1** Sweet & Sour Chicken  Brown Rice  Peas  Pears  **\*\*POT LUCK\*\*** | **2** Sausage & Egg  Breakfast Pizza  Cheesy Broccoli  Peaches | **3** Liver & Onions  Alfredo Pasta  Beets  Apple | **4** Chicken Fried Chicken  Potatoes & Gravy  Green Beans  Fruit Cocktail |
| **7** Turkey Franks w/ bun  French Fries  Baked Beans  Peach Crisp | **8** Roast Beef  Potatoes & Gravy  Baked Carrots  Applesauce  Chocolate Cake | **9** Homemade Chili  Peanut Butter Sandwich  Celery Sticks  Apricots  **\*PRICILLAS\***  **Tracie Foreman-Speaker** | **10** Chicken & Noodles  Mashed Potatoes  Green Beans  Pineapple Chunks | **11** Tilapia Fillet  Baked Potato  Tomato Wedges  Banana |
| **14** Shepard’s Pie  Garden Salad  Apricots  **\*BOARD MEETING**  **@ 1:00 p.m.** | **15** Cheeseburger w/ fixins  Corn on the Cob  Tater Tots  Apple Wedges  with Peanut Butter | **16** Chicken Fried Steak  Taters & Gravy  Green Beans  Pears | **17** Waffles & Sausage  Scrambled Eggs  Orange Juice  Pineapple Chunks  **Blood Pressure Clinic**  **Program: “Scary Foods”** | **18** Baked Pork Chop  Garlic Potatoes  Mixed Veggies  Orange |
| **21** Tomato Soup  Grill Cheese Sandwich  Celery Sticks w/  Peanut butter  Pineapple | **22** Beef Stroganoff  Garlic Pasta  Green Beans  Tossed Salad  Carrot Cake | **23** Pork Cutlet  Baked Potato  California Blend  Grapes | **24** Pork Roast  Potatoes & Gravy Peas  Peaches  Cookie & Ice Cream  **Birthday Dinner** | **25** Salmon Patty  Cheesy Tater Tots  Baked Beans  Strawberries |
| **28** Turkey n Cheese Sub  Potato Chips  Pea Salad  Banana | **29** Meatloaf  Garlic & Herb Potatoes  Peas & Carrots  Peaches  \*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*  **Sloppy Joe Supper**  **5-7 p.m.**  **Free will offering!!!!!** | **30** Chicken Fried Steak  Potatoes & Gravy  Broccoli or  Glazed Carrots  Apricots | **31** Beef Goulash  Green Beans  Garden Salad w/  Tomatoes & Radishes  Apple Wedges  Peanut butter | **MENU  SUBJECT TO  CHANGE!!!!!**  **Call by 9:30 a.m. daily**  **To reserve a meal.** |