

## Ransom Power Tower Café Senior Dining Center

Monday	Tuesday	Wednesday	Thursday	Friday
9/2/2019	9/3/2019	9/4/2019	9/5/2019	9/6/2019
Site Closed	Chicken Fritters	Hot Dog	Swiss Steak w/ Gravy	Sloppy Jo
- Hannu	Potato Salad	Tator Tots	Mashed Potatoes	Potato Wedges
Happy Labor Day!	Mixed Vegetables	Seasoned Green Beans	Sauteed Spinach	Coleslaw
	Fresh Apple	Fresh Orange	Cornbread	Fruited Jello w/
Shara sa taga na			Cantaloupe	Whipped Topping
9/9/2019	9/10/2019	9/11/2019	9/12/2019	9/13/2019
Turkey w/ Gravy	Pulled Pork Sandwich	Potato Crunch Pollock	Broccoli Stuffed Chicken	
Homemade Stuffing	Roasted Red Potatoes	Homemade Mac & Cheese	Mashed Red Potatoes	No Lunch
Mashed Potatoes	Broccoli	Corn on the Cob	Italian Blend Vegetables	
Brussel Sprouts	Pineapple	Seasoned Green Beans	Fruited Jello w/	
Fresh Orange		Watermelon	Whipped Topping	
9/16/2019	9/17/2019	9/18/2019	9/19/2019	9/20/2019
Meatloaf w/ Gravy	BBQ Chicken Thigh	Tuna Noodle Casserole	Roast Pork w/ Gravy	Burrito Bake
Mashed Potatoes	Brown Rice	Tossed Salad	Sweet Potatoes	Fiesta Corn
Seasoned Green Beans	Broccoli	Banana	Broccoli	Broccoli
Fresh Orange	Mixed Vegetables		Dinner Roll	Fresh Grapes
	Fresh Apple		Ambrosia	
			Birthday Celebration	
9/23/2019	9/24/2019	9/25/2019	9/26/2019	9/27/2019
Roast Beef w/ Gravy	Fiesta Lime Chicken	Baked Potato Bar w/	Smothered Pork Cutlet	Spaghetti w/ Meatsauce
Mashed Potatoes	Brown Cilantro Rice	Toppings	Baked Potato	Tossed Salad
Broccoli	Cooked Baby Carrots	Broccoli Cheese Soup	Seasoned Green Beans	Texas Toast
Dinner Roll	Cauliflower	Tossed Salad	Dinner Roll	Fruited Jello w/
Fresh Apple	Sliced Peaches	Banana	Fresh Orange	Whipped Topping
9/30/2019				

9/30/2019

Beef Stew Tossed Salad Dinner Roll Fresh Orange



September