


September 2022

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
			Chicken Parmesan	Hamburger on Bun
			Spaghetti Noodles	w/toppings
			Spinach Salad	Chips
			Apricots	Potato Salad
				Apple Crisp
5	6	7	8	9
Labor Day	Pork Loin	Tuna Salad Sandwich	Hamballs with Glaze	Goulash
	Cheesy Potatoes	Chips	Irish Mashed Potatoes	Lettuce Salad
	Capri Vegetables	Coleslaw	Green Beans	Melon Cup
	Pears	Mandarin Oranges	Cherry Fruit Salad	Garlic Bread Stick
		Lemon Pound Cake		Peanut Butter Cookie
12	13	14	15	16
Pizza Casserole	Basil Chicken	Sloppy Joe	Oven Fried Chicken	Baked Pollock
Corn	Au Gratin Potatoes	Potato Wedges	Mashed Potatoes & Gravy	Sweet Potatoes
Fruited Yogurt	Peas with Onions	Mixed Vegetables	Brussels Sprouts w/Cheese	Green Beans
Peaches	Pears	Cinnamon Applesauce	Blueberries	Fruit Cocktail
	Spice Cake	Brownie		
19	20	21	22	23
Tuna Casserole	Egg Salad Sandwich	Steak in Brown Gravy	BBQ Roast Pork Sandwich	Taco Casserole
Lima Beans	French Onion Soup	Whipped Potatoes	Baked Beans	Fiesta Corn
Whole Wheat Roll	Crackers	French Cut Green Beans	Potato Salad	Jello w/Topping
Mixed Berries	Fruit Salad	Orange	Peaches	Banana
Chocolate Pudding/Topping	Cookie		Oatmeal Raisin Bar	
26	27	28	29	30
Lemon Pepper Fish	Baked Potato w/Turkey Ham	Pork Fritter	Biscuits & Gravy	Scalloped Potatoes & Ham
Mac & Cheese	and Cheese Sauce	Baked Cubed Potatoes	Egg Casserole	Mixed Vegetables
Peas & Carrots	Broccoli Cuts	Asparagus	Fruited Yogurt	Banana
Strawberries	Banana Crumb Dessert	Mandarin Oranges	Granola Bar	Butterscotch Pudding
		Pumpkin Bar		


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AdultLife Community Center for Adults 60+ (515) 462-1334

*Milk offered with all meals and equals one carb choice. All meals meet 1/3 of the Recommended Dietary Allowances (RDA) for older adults. Menus may change without notice due to supply availability from our food vendors.