






Monday	Tuesday	Wednesday	Thursday	Friday
<p>Tell us what you think! Each day rate the menu: 1 (least favorite) to 5 (most enjoyed).</p>  <p>At the end of the month, return the menu to us via your site coordinator or volunteer driver.</p>	 <p><i>Free Diabetes Workshop!</i></p>	<p><u>Dates:</u> Thursday's 9/15 thru 10/20 <u>Time:</u> 1:00 pm to 3:30 pm <u>Location:</u> Civic Apartments 350 Grant Street, Sycamore To register call Leah or Colleen at 815-758-3932</p>	<p>1</p> <p>Ham with Pineapple Sauce Sweet Potatoes Capri Blend Cinnamon Apples Wheat Bread</p>	<p>2</p> <p>Chicken Enchilada Spanish Rice Refried Beans Cantaloupe Juice Cup Tortilla Chips</p>
<p>5</p> <p>happy LABOR day</p>	<p>6</p> <p>Salisbury Steak with Gravy Roasted Potatoes Carrots Tropical Fruit Wheat Bread</p>	<p>7</p> <p>Sweet & Sour Chicken with Rice Broccoli Florets Mandarin Oranges Fruit Juice Roll/Fortune Cookie</p>	<p>8</p> <p>Pork Chop with Gravy Au Gratin Potatoes Kidney Bean Salad Apricots Wheat Bread</p>	<p>9</p> <p>Tuna Salad Navy Bean Soup Coleslaw Fruit Cocktail Wheat Bread</p>
<p>12</p> <p>Cabbage Roll Casserole Green Beans Peaches Juice Cup Wheat Bread</p>	<p>13</p> <p>Stuffed Pollock Diced Red Potatoes Spinach Pineapple Wheat Roll</p>	<p>14</p> <p>Meatloaf with Gravy Mashed Potatoes Stewed Tomatoes Sliced Pears Bread</p>	<p>15</p> <p>Chicken Strips with Peppers and Onions Refried Beans Gelatin Salad Juice Cup Sour Cream and Cheese Tortilla</p>	<p>16</p> <p>BBQ Ham on Hawaiian Roll Baked Beans Mixed Vegetables Tropical Fruit Chocolate Chip Cookie</p>
<p>19</p> <p>Scrambled Eggs with Cheese Sausage Patties Breakfast Potatoes Tomato Juice Applesauce/Muffin</p>	<p>20</p> <p>Chicken Salad on Wheat Bread Potato Wedges 3 Bean Salad Apricots Tapioca Pudding</p>	<p>21</p> <p>Beef Stroganoff with Pasta California Blend Romaine Salad with Dressing Fruit Cocktail Wheat Bread</p>	<p>22</p> <p>Chicken Chili with White Beans Corn Ambrosia Salad Corn Bread</p>	<p>23</p> <p>Country Fried Steak with Country Gravy Mashed Potatoes Pickled Beets Peaches Biscuit</p>
<p>26</p> <p>BBQ Chicken Quarter Potato Wedges Spinach Blushing Pears Dinner Roll</p>	<p>27</p> <p>Seasoned Pork Chop Diced Potatoes Butter Beans Apple Wheat Bread</p>	<p>Happy Birthday  28</p> <p>Roast Beef with Gravy Mashed Potatoes Peas & Onions Tropical Fruit Gelatin Cake/Wheat Roll</p>	<p>29</p> <p>Chicken Cordon Bleu Long Grain Wild Rice Herbed Green Beans Blueberry Gelatin Salad Red Velvet Cupcake Juice Cup/Dinner Roll</p>	<p>30</p> <p>Swedish Meatballs with Pasta Carrots Tossed Salad with Dressing Fruit Cocktail Wheat Bread</p>