

MILAN SENIORS FOR HEALTHY LIVING SENIOR NUTRITION PROGRAM: Meals provided by Washtenaw County Senior Nutrition Program are served Monday through Friday.

MILAN SENIORS FOR HEALTHY LIVING - SEPTEMBER 2021

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
		BREADED ZITI W/ CHEESE	MAURICE SALAD	HAWAIIAN MEATBALLS
		ITALIAN GARDEN SALAD	BROCCOLI CHEESE SOUP	RICE
		BRUSSELS SPROUTS	FRESH PEAR	CHEESY CAULIFLOWER
		MIXED BERRIES /W CREAM	DINNER ROLL	WHEAT DINNER ROLL
		ITALIAN BREAD		
6	7	8	9	10
	ALL BEEF HOTDOG	GREEK CHICKEN SALAD	STUFFED CABBAGE	POTATO CRUNCH POLLOCK
CLOSED	POTATO SALAD	VEGETABLE SOUP	GARLIC MASHED REDSKINS	WILD RICE PILAF
Labor Day	BAKED BEANS	FRESH APPLE	ITALIAN GARDEN SALAD	GREEN BEANS
A frozen meal will be offered the Friday before	STRAWBERRIES W/ CREAM	PITA BREAD	MANDARIN ORANGES	CUKE, TOM & ONION SALAD
	CHOCOLATE CHIP COOKIE	WHEAT DINNER ROLL	WHEAT DINNER ROLL	FROZEN FRUIT MIX
				DINNER ROLL
13	14	15	16	17
PORK CHOP SUEY	CRISPY CHIC STRIP SALAD	ROAST BEEF	VEGETABLE LASAGNA	BBQ CHICKEN BREAST
CONFETTI FRIED RICE	MINESTRONE SOUP	GARLIC MASHED REDSKINS	NORMANDY VEG BLEND	BAKED BEANS
ORIENTAL VEG BLEND	FRESH APPLE	DICED CARROTS	SPINACH SALAD	CONFETTI COLE SLAW
TROPICL FRUIT	WHEAT DINNER ROLL	BLUEBERRIES W/ CREAM	DICED PEACHES	CORNBREAD
DINNER ROLL		WHEAT BREAD	ITALIAN BREAD	FRESH BANANA
20	21	22	23	24
POTATO CRUNCH POLLOCK	SLOPPY JO SANDWICH	ORIENTAL CHICKEN SALAD	FLORENTINE STUFFED SHELL	BREADED CHIC PATTY SAND.
WILD RICE PILAF	O'BRIEN POTATOES	FRESH ORANGE	ITALIAN GARDEN SALAD	PASTA SALAD
CARROTS COINS	CUKE, TOM & ONION SALAD	WHEAT DINNER ROLL	BRUSSELS SPROUTS	BAKED BEANS
STEWED TOMATOES	FRUITED JELLO	BEEF BARLEY SOUP	MIXED BERRIES /W CREAM	FRESH BANANA
PINEAPPLE TIDBITS			ITALIAN BREAD	
WHEAT BREAD				
27	28	29	30	
TERIYAKI BEEF DIPPERS	ROAST PORK	BREADED BBQ CHICKEN	CHEF SALAD	
GREEN BEANS	GARLIC MASHED REDSKINS	TENDERS	TWICE BAKED POTATO SOUP	
CORN	CONFETTI COLE SLAW	GARDEN SALAD	FRESH APPLE	
WHEAT DINNER ROLL	STRAWBERRIES W/ CREAM	TROPICL FRUIT	PTA BREAD	
	CORNBREAD	BISCUIT		