

MONDAY (Breakfast for Lunch @ BW)	TUESDAY (Breakfast for Lunch @ NB & JC Senior Ctrs)	WEDNESDAY	THURSDAY (Golden Griddle @ EB)	FRIDAY
		Sliced Turkey w/Gravy 1 Sweet Potatoes Chateau Blend Vegetables Spice Cake w/Cream Cheese Frosting	Broccoli & Cheese 2 Omelet OR Pierogies Tropical Fruit Cottage Cheese w/Chives Sherbet Cup	Salmon Boat w/Dill 3 OR Chicken Rib BBQ Brown Rice Pilaf Yellow Squash Cinnamon Applesauce
CLOSED <i>For Labor Day</i> 6	Macaroni & Cheese 7 Stewed Tomatoes Cut Green Beans Fresh Fruit	Sliced Pork w/Gravy 8 Apple Bread Dressing Red Cabbage Supreme Pineapples & Mandarin Oranges	Pub Burger 9 OR Veggie Burger Pasta Salad Tossed Salad Sherbet Cup	Grandparent's Day! Fish Florentine 10 OR Chicken Marengo Baked Potato Bahama Blend Vegetables Blueberry Crisp
Beef Stew over Biscuit 13 Cauliflower w/Parsley Grape Juice Sugar Cookies	Vegetable Lasagna 14 Zucchini & Summer Squash Tossed Salad Pumpkin Bar	Roast Beef w/Gravy 15 Mashed Potatoes Brussels Sprouts Raspberry Fruited Gelatin	Chicken Rib BBQ 16 O'Brien Potatoes Spinach Apple Cobbler	Beer Battered Fish 17 OR Salisbury Steak Mashed Potatoes Chateau Blend Vegetables Banana
Tuna Noodle Casserole 20 Stewed Tomatoes Broccoli Florets Ice Cream Cup	Chicken Breast 21 w/Cranberry Sauce Brown Rice Pilaf Country Blend Vegetables Bread Pudding w/Raisins	Liver w/Onions 22 OR Holupki w/Sauce Mashed Potatoes Baby Carrots Tropical Fruit Cup	Sweet & Sour Pork 23 Over Brown Rice Emperors Blend Vegetables Tossed Salad Lime Fruited Gelatin	Salmon Boat w/Dill Sc. 24 OR Meatloaf w/Gravy Chantilly Potatoes California Blend Vegetables Sliced Peaches
Spaghetti w/Meat Sc. 27 Italian Blend Vegetables Cottage Cheese w/Chives Lemon Cookie	Tomato & Bacon 28 Omelet OR Pierogies French Cut Green Beans Tossed Salad Banana	Sliced Turkey w/Gravy 29 Sweet Potatoes Brussels Sprouts Chocolate Cake w/Peanut Butter Frosting	Chili Cheese Dog 30 Potato Salad Baked Beans Tapioca Pudding w/Mandarin Oranges	Florentine Stuffed 10/1 Fish OR Sliced Ham Scalloped Potatoes Autumn Blend Vegetables Cinnamon Applesauce

September '10 Lunch Menu

at Broome County Senior Centers.

Age 60+ – \$3.00; Under Age 60 – \$4.00

Reservations are needed by noon the day before. Menu subject to change.

For more information or the telephone number of a senior center near you, call 778-2411.