

# Meet, Greet & Eat

## September's Menu – Bon Appétit!

At all Broome County Senior Centers. **Reservations are needed by noon the day before.** Menu subject to change. A contribution of \$3.50 is requested for people age 60+ and spouse of any age. Those under age 60 are charged **\$4.50 per meal.**  
*No one age 60+ shall be denied a meal due to an inability or unwillingness to contribute.*

**Senior Centers will be closed for activities and dining until further notice. Centers are offering meals to-go. Please contact your local senior center to learn more about to-go meals with curbside pickup during the month of September.**

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| <b>Chicken Cacciatore</b> 8/31<br><b>Over Rice</b><br>Wax Beans w/Parsley<br>Diced Peaches                           | <b>Cheesy Pasta Bake</b> 1<br>Spinach<br>Frosted Devil's Food Cake   | <b>Halupki</b> 2<br><b>OR Kielbasa w/Onions</b><br>Mashed Potatoes<br>Peas & Carrots<br>Banana                             | <b>Chicken Salad</b> 3<br><b>On a Croissant</b><br>Ambrosia<br>Three Bean Salad<br>Carrot Raisin Bar              | <b>Salisbury Steak OR</b> 4<br><b>Spinach Parmesan Pollock</b><br>Buttered Noodles<br>Beets<br>Strawberry Mousse    |
| <i>Centers Closed</i> 7<br><i>In Observance of</i><br><i>Labor Day</i>   | <b>Chicken Alfredo</b> 8<br><b>Over Pasta</b><br>Green Beans<br>Fruit Cocktail   | <b>Ziti Parmesan</b> 9<br>Broccoli Florets<br>Fresh Orange<br>Chocolate Chip Cookie  | <b>Liver w/Onions OR</b> 10<br><b>Chicken Thigh Marengo</b><br>Mashed Potatoes<br>Spinach<br>Butterscotch Pudding | <b>Herb Rubbed Pollock</b> 11<br><b>OR Salisbury Steak</b><br>Seasoned Quinoa<br>Carrots<br>Cinnamon Apple Slices   |
| <b>Cheesy Pasta Bake</b> 14<br>Broccoli Florets<br>Fruit Cocktail<br>Sugar Cookie                                    | <b>Halupki w/Sauce OR</b> 15<br><b>Breaded Chicken Parm</b><br>Mashed Potatoes<br>Italian Green Beans<br>Frosted Vanilla Cake        | <b>Beef Burgundy</b> 16<br>Buttered Noodles<br>Peas & Carrots<br>Applesauce  | <b>Macaroni &amp; Cheese</b> 17<br>Stewed Tomatoes<br>Italian Blend Vegetables<br>M&M Cookie                      | <b>Roast Turkey OR</b> 18<br><b>Broiled Fish w/Lemon</b><br>Mashed Potatoes<br>Peas<br>Honey Bran Muffin            |
| <b>Stuffed Pepper</b> 21<br><b>Casserole</b><br>Green Beans w/Mushrooms<br>Double Chocolate Cookie                   | <b>Liver w/Onions OR</b> 22<br><b>Meatloaf</b><br>Mashed Potatoes<br>Carrots<br>Fruit Cocktail                                       | <b>Herb Chicken Thigh OR</b> 23<br><b>Broiled Fish w/Lemon</b><br>Scalloped Potatoes<br>Hot Beets<br>Peanut Butter Brownie | <b>Pub Burger</b> 24<br><b>w/Lettuce &amp; Tomato</b><br>Baked Beans<br>Macaroni Salad<br>Lemon Poppyseed Muffin  | <b>Spinach Parm Pollock</b> 25<br><b>OR Beef Burgundy</b><br>Buttered Noodles<br>Peas<br>Strawberry Mousse          |
| <b>Beef Stew</b> 28<br><b>Over a Biscuit</b><br>California Blend Vegetables<br>Warm Spiced Peaches<br>Oatmeal Cookie | <b>Baked Ham OR</b> 29<br><b>Chicken Thigh</b><br><b>Both w/Cranberry Glaze</b><br>Scalloped Potatoes<br>Broccoli Florets<br>Gelatin | <b>Chicken Salad</b> 30<br><b>On a Croissant</b><br>Cottage Cheese<br>Pineapple Tidbits<br>Chocolate Pudding               | <b>Roast Turkey</b> 10/1<br>Mashed Potatoes<br>Peas & Corn<br>Pumpkin Cookie                                      | <b>Rotisserie Chicken</b> 10/2<br><b>OR Salmon Patty w/Dill Sc.</b><br>Seasoned Couscous<br>Carrots<br>Fresh Banana |