

SENIOR MEALS PROGRAM

September 2026

472-0155

Please call by 9:00 a.m.



Supervisor: Cyndi Bachman

Head Cook: Jodi Jenson



Redfield

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Vegetable Stir Fry w/ Chicken Brown Rice Fruit Whole Wheat Bread	2 Spaghetti w/ Meat Sauce Green Beans Fruit Breadstick	3 Ranch Chicken Breast Mashed Potatoes w/ Gravy Winter Blend Fruit Whole Wheat Bread	4 Cod Loin Baked Potato Peas Fruit Whole Wheat Bread
7 CLOSED - Labor Day 	8 Lasagna Bake Mixed Vegetables Fruit Whole Wheat Bread	9 Baked Pork Chop Mashed Potatoes w/ Gravy Broccoli Fruit Whole Wheat Bread	10 Tator Tot Hotdish Corn Fruit Whole Wheat Bread	11 BBQ Pork Sandwich Oven Roasted Potatoes California Blend Fruit
14 Salisbury Steak Mashed Potatoes w/ Gravy Green Beans Fruit Whole Wheat Bread	15 Scalloped Potatoes w/ Ham Carrots Fruit Whole Wheat Bread Cookie	16 Swedish Meatballs Mashed Potatoes w/ Gravy Winter Blend Fruit Whole Wheat Bread	17 Breaded Codfish Peas Fruit Whole Wheat Bread Boiled potato	18 Chicken fried steak Mashed potato Catalina Blend Fruit Whole Wheat Bread
21 Chicken Mashed Potatoes w/ Gravy Green Beans Fruit Whole Wheat Bread	22 First Day of Fall Soft shell taco Mexican rice Corn Fruit Pumpkin Bar	23 Chicken Bacon Pasta Broccoli Fruit Muffin	24 Ham Augratin Potatoes Peas & Carrots Fruit Whole Wheat Bread	25 Breaded Chicken Sandwich Roasted Sweet Potatoes California Blend Fruit
28 Sloppy Joe on a Bun Tri tator Baked Beans Fruit	29 Chef Salad w/ Deli Ham Tomatoes & Cucumbers Fruited Jello garlic bread	30 Chicken Alfredo Broccoli Fruit Breadstick		

MEALS APPROVED BY: REGISTERED DIETITIAN

Menus will be released no earlier than the 20th of each month

All Meals Include Milk
Meals Subject to Change

