

# Senior Meals Whitingham Municipal Center

## SEPTEMBER MENU

Thursday, September 2<sup>nd</sup> *Baked stuffed sole, carrots, mashed potatoes, tossed salad, tropical fruit mix*

Tuesday, September 7<sup>th</sup> *BBQ chicken, broccoli, Spanish rice, caprese salad, corn bread, watermelon.*

Wednesday, September 8<sup>th</sup> **Readsboro Meal**

Thursday, September 9<sup>th</sup> *Lasagna & sausage, grilled vegetables, spinach & cranberry salad, banana pudding*

Tuesday September 14<sup>th</sup> *Stuffed Peppers, Potatos au gratin, acorn squash, minestrone soup, cookies*

Thursday, September 16<sup>th</sup> *Chicken cordon blu, mashed potatoes, ratatouille, waldorf salad, jello*

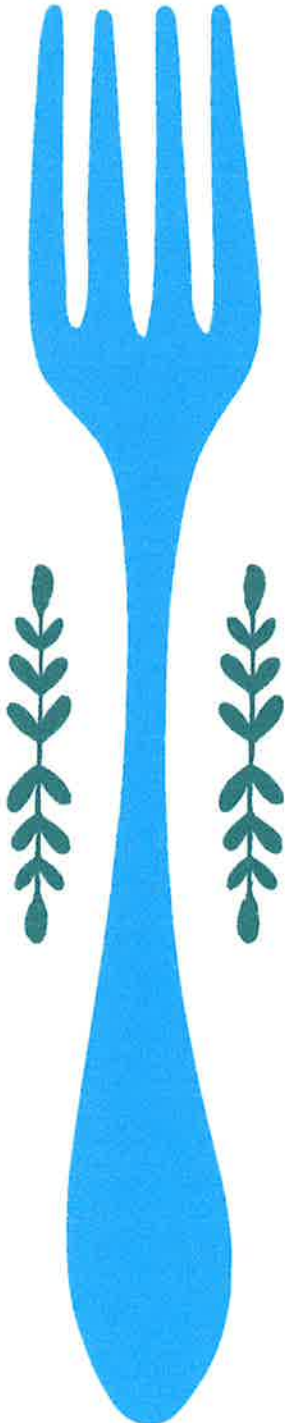
Friday, September 17<sup>th</sup> **Halifax Meal**

Tuesday, September 21<sup>nd</sup> *Roasted pork, green beans, roasted potatoes, Tossed Salad, peaches & berries*

Thursday, September 23<sup>th</sup> *White Fish, pea's & onions, rice, cottage cheese & oranges, ice cream*

Tuesday, September 28<sup>th</sup> *Ravioli meatballs spaghetti squash, beef & barley soup, peaches & berries*

Thursday, September 30<sup>th</sup> *Shepherds pie, carrots, split pea soup, Birthday Cake*



For information call Deerfield Valley Meals 802-368-7567  
On Facebook "Deerfield Valley Senior Meals"  
Tuesday (Ping Pong 10:30) & Thursday Meal served at Noon  
\$4 suggested donation 60+.