

Senior Meals Whitingham Municipal Center

SEPTEMBER MENU

Tuesday, September 1st Smoked Ham, beets, sweet potatoes, split pea soup, brownie

Thursday, September 3rd Baked stuffed sole, carrots Potatos au gratin, clam chowder, tropical fruit mix

Tuesday, September 8th BBQ chicken, broccoli, Spanish rice, caprese salad, corn bread, watermelon.

Wednesday, September 9th **Readsboro Meal**

Thursday, September 10th Lasagna, grilled vegetables, spinach salad, pudding

Tuesday September 15th Stuffed Peppers, rice, acorn squash, minestrone soup, cookie

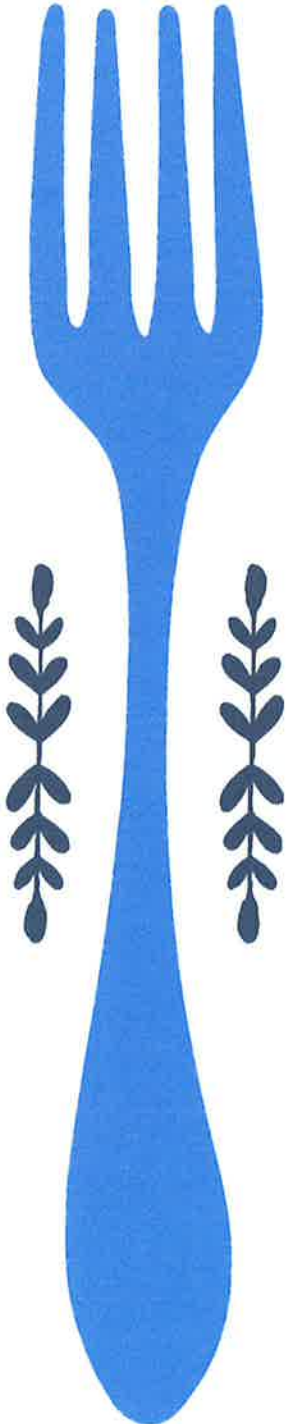
Thursday, September 17th Chicken cordon blu, mashed potatoes, ratatouille, waldorf salad, jello

Friday, September 18th **Halifax Meal**

Tuesday, September 22nd Shepherds pie, carrots, corn and sausage chowder, peaches & berries

Thursday, September 24th Roasted pork, green beans, potatoes au gratin, Tossed Salad. Birthday Cake

Tuesday, September 29th Ravioli in white sauce, spaghetti squash, beef & barley soup, fruit



For information call Deerfield Valley Meals 802-368-7567
On Facebook "Deerfield Valley Senior Meals"
Tuesday & Thursday call between 9:30 & 10:30 to order
\$4 suggested donation 60+ ...Meal pickup at Noon.