



September

Monday	Tuesday	Wednesday	Thursday	Friday
2 Labor Day. All CHEER Centers Closed.	3 Chilled Juice Spaghetti w/ Meat Sauce Tossed Salad w/ Asst. Dressings Italian Bread w/Margarine Pears	4 Chilled Juice Vegetable Soup Tuna Salad Plate w/Crackers Lettuce & Tomatoes Cucumber, Onion, Tomato Salad Vanilla Ice Cream	5 Chilled Juice Salisbury Steak w/Gravy Baked Potato Harvard Beets Bread w/Margarine Fresh Fruit	6 Trap Pond Fall Festival 10 a.m. to 2 p.m. Trap Pond State Park All Centers Closed
9 Chilled Juice Hamburger Steak w/Gravy & Onions Red Skin Mashed Potatoes Vegetable Blend Dinner Roll w/Margarine Vanilla Yogurt Parfait	10 Chilled Juice Oven Fried Fish w/Tartar Sauce Macaroni & Cheese Stewed Tomatoes Corn Bread w/Margarine Peaches	11 Chilled Juice Chef Salad Plate w/Crackers & Asst. Dressings, (Ham, Turkey, Cheese) Tomato & Egg Wedges Pickle Spears, Shredded Carrots Applesauce Cake	12 Chilled Juice Baked Chicken w/Gravy California Pasta Salad Seasoned Greens WW Bread w/Margarine Fresh Fruit	13 Chilled Juice Navy Bean Soup w/Crackers Egg Salad on Rye Bread w/ Lettuce & Tomatoes Waldorf Salad Fruit Crisp Turkey Sandwiches for Diets
16 Chilled Juice Spaghetti w/Meat Sauce Tossed Salad w/Asst. Dressings Italian Bread w/Margarine Fruit Cocktail	17 Chilled Juice Roast Pork w/Gravy Mashed Potatoes Broccoli Dinner Roll w/Margarine Watermelon Cubes	18 Chilled Juice Chicken Salad on Lettuce Bed Sliced Tomatoes Pasta Salad Spring Blend Vegetables Peach Crisp	19 Chilled Juice Vegetable Soup w/Crackers Tuna Salad on Rye Bread w/ Lettuce & Tomatoes Pickled Beets Vanilla Yogurt Parfait	20 Chilled Juice BBQ Chicken Potato Salad Spinach WW Bread w/Margarine Banana
23 Chilled Juice BBQ Pork on Bun Tossed Salad w/Asst. Dressings French Style Green Beans Birthday Cake	24 Beach Day in Rehoboth Beach. All CHEER Centers Closed.	25 Chilled Juice Vegetable Soup Tuna Salad on Rye Bread w/ Lettuce & Tomatoes Pickled Beets Chocolate Chip Cookies	26 Chilled Juice Roast Chicken w/Gravy Dressing Broccoli & Cauliflower Blend Bread w/Margarine Pears	27 Chilled Juice Fish Filet w/Tartar Sauce Macaroni & Cheese Stewed Tomatoes Corn Bread w/Margarine Fresh Fruit
30 Chilled Juice Cheeseburger on Bun Baked Beans Lettuce, Tomatoes, Onions Pineapple Tidbits	 <p> Military Honor and Patriot Day Celebration Tuesday, September 10 CHEER Community Center! </p>	 <p> Senior Center Awareness Month! See your local center director for planned activities and events. </p>		