


# SEPTEMBER

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Due to circumstances with the CoronaVirus pandemic, the menu is subject to change.</b></p> <p>Menu subject to change due to food availability. All menus meet 1/3 Recommended Dietary Reference Intake and are Heart Healthy; under 1 gram of Sodium per serving. Please let your kitchen manager know if you have any allergies.</p>	<p><b>1</b> Skim Milk Seafood Salad on Lettuce Bed Tomato and Egg Wedges Spinach Salad w/Dressing Crackers Fresh Fruit</p>	<p><b>2</b> Skim Milk Baked Chicken w/Gravy Peas Steamed Baby Carrots Dinner Roll w/Margarine Applesauce Cake</p>	<p><b>3</b> Skim Milk Ham w/Sauce Succotash Cauliflower WW Bread w/Margarine Peaches</p>	<p><b>4</b> Skim Milk Hot Open Face Turkey Sandwich w/Gravy Mashed Potatoes San Francisco Veg. Blend Cranberry Sauce (Regular or Diet) Fruit Cocktail</p>
<p><b>7</b> Labor Day. All CHEER Centers Closed.</p>	<p><b>8</b> Skim Milk Home-style Meatloaf w/Gravy Parmesan Potatoes Green Beans WW Bread w/Margarine Ice Cream (Regular or Diet)</p>	<p><b>9</b> Skim Milk Oven Fried Chicken Sweet Potato Wedges Bahama Vegetable Blend Dinner Roll w/Margarine Fresh Fruit</p>	<p><b>10</b> Skim Milk Vegetable Beef Soup Tuna Salad S/W on Rye Lettuce and Tomatoes Pickled Beets Chocolate Chip Cookie/Vanilla Wafers</p>	<p><b>11</b> Skim Milk Oven Baked Fish w/Tartar Sauce Macaroni and Cheese Stewed Tomatoes Angel Food Cake</p>
<p><b>14</b> Skim Milk Grilled Chicken Caesar Salad Caesar Dressing (Lite) Cherry Tomatoes Parmesan Croutons Dinner Roll w/Margarine Fig Newtons</p>	<p><b>15</b> Skim Milk Salisbury Steak w/Gravy Baked Potato Broccoli WW Bread w/Margarine Fresh Fruit</p>	<p><b>16</b> Skim Milk Vegetable Soup Hot Dog on a Bun Corn Cucumber, Tomato, Onion Salad Pineapple Tidbits</p>	<p><b>17</b> Skim Milk Turkey and Cheese Sub w/Lettuce, Tomato, Onion Cole Slaw Baked Potato Chips Ice Cream (Regular or Diet)</p>	<p><b>18</b> Skim Milk Oven Fried Chicken French Fries Buttered Carrots WW Bread w/Margarine Applesauce</p>
<p><b>21</b> Skim Milk Oven Fried Pollack Macaroni and Cheese Stewed Tomatoes Cornbread w/Margarine Orange</p>	<p><b>22</b> Skim Milk Chef Salad w/Crackers and Dressing Ham, Turkey, Cheese, Tomato and Egg Wedges Pickle Spear, Shredded Carrots Peaches</p>	<p><b>23</b> Skim Milk Baked Chicken w/Gravy Buttered Noodles Seasoned Greens WW Bread w/Margarine Applesauce</p>	<p><b>24</b> Skim Milk Hamburger Steak w/Gravy and Onions Mashed Potatoes Green Beans Dinner Roll w/Margarine Yogurt Parfait w/Berries</p>	<p><b>25</b> Skim Milk Navy Bean Soup Egg Salad Sandwich on Rye, Lettuce and Tomatoes (Diet Turkey Sandwich) Baby Carrots Fruit Crisp</p>
<p><b>28</b> Skim Milk BBQ Pulled Pork on a Bun Tossed Salad w/Dressing French Style Green Beans Corn Pear Halves</p>	<p><b>29</b> Skim Milk White Chicken Chili Brown Rice Vegetable Blend Cornbread w/Margarine Fresh Fruit</p>	<p><b>30</b> Skim Milk Roast Beef w/Gravy Parsley Potatoes Spring Vegetables Dinner Roll w/Margarine Chocolate Chip Cookie/Vanilla Wafers</p>	<div style="display: flex; align-items: center;">  <p><b>DELAWARE HEALTH AND SOCIAL SERVICES</b> <i>Division of Services for Aging and Adults with Physical Disabilities</i></p> </div> <p><i>“This agency receives funding from the DHSS Division of Services for Aging and Adults with Physical Disabilities.”</i></p>	