





SENIOR CENTER MENU September 2017

104 Greenridge Road Snow Hill, NC 28580

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Meatloaf, Green Limas, Winter Blend, Chocolate Pudding, Rolls, 2% Milk
4. Senior Center Closed for Labor Day	5 Roast Pork, Navy Beans, Collards, Peaches, Rolls, 2 % Milk	6 Spaghetti, Winter Blend, Pears, Garlic Toast, 2 % Milk	7 Fried Chicken, Potato Salad, String Beans, Vanilla Pudding, Rolls, 2 % Milk	8 Meat Balls, Mashed Potatoes, Turnips, Oranges, Rolls, 2 % Milk
11 Smoked Sausage, Dry Lima, Cabbage, Vanilla Pudding, WWB, 2 % Milk	12 Beef Tips, Rice, Collards, Mixed Fruit, Rolls, 2 % Milk	13 Baked Pork Chops, Whole Potatoes, String Beans, Fruit Cocktail, Biscuits, 2 % Milk	14 Chicken Pot Pie, Yams, Corn, Peaches, Cornbread, 2 % Milk	15 Stew Beef, June Peas, Vanilla Pudding, Rolls, 2 % Milk
18 Hamburger Steak, Mashed Potatoes, Turnips, Pears, Rolls, 2 % Milk	19 BBQ Chicken, Boiled Potatoes, Black Eye Peas, Peaches, Biscuits, 2 % Milk	20 Fish, Baked Beans, Slaw, Oranges, Cornbread, 2 % Milk	21 Baked Pork Chops, Macaroni & Cheese, Peas & Carrots, Mixed Fruit, Rolls, 2 % Milk	22 Chicken Fried Steak, Mashed Potatoes, Collards, Pears, Rolls, 2 % Milk
25. Pepper Steak, Macaroni & Cheese, Field Peas, Applesauce, WWB, 2 % Milk	26 Turkey, Yams, String Beans, Peaches, Rolls, 2 % Milk	27 Beef Tips, Rice, Collards, Pineapples, Cornbread, 2 % Milk	28 Pork Chops, Boiled Potatoes, Broccoli, Pears, Rolls, 2 % Milk	29 Meatloaf, Green Limas, Winter Blend, Chocolate Pudding, Rolls, 2% Milk

***Ask about our Free LUNCH PROGRAM-Meals served at the Senior Center. No Income Limits-if you live in Greene County & are at least age 60, you qualify. For more information about our Senior Nutrition Program, call 252-747-5436.**

***Free Transportation to & from the Senior Center may be Available.**