

# SENIOR EAT *and* GREET September 2017

Steamboat	Steamboat		Steamboat	Steamboat
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
28 Chicken Noodle Casserole Peas Wheat Roll Cranberry Spinach Salad Fruit Cup	29 Meatloaf Mashed Potato Mixed Veggies Whole Grain Bread Tossed Salad Oranges Brownie Ice Cream	30 BBQ 5:00pm	31 BLT Potatoes Pasta Salad Watermelon OJ	1 Clam Chowder Chef Salad Wheat Roll Pears Lemon Bar
4 Labor Day All Sites Closed	5 Beef Kabobs Corn Green Beans Pasta Salad Watermelon Brownie	6	7 Chicken Strips Sweet Potatoes Mixed Vegetables Pasta Salad Fruit Salad	8 Shrimp Scampi Zucchini and Tomatoes Wheat Roll Caesar Salad Oranges Banana Cake
11 Spinach Quiche Tossed Salad Oranges Sunflower Seeds Blueberry Muffin Chocolate Pudding	12 Pork Chili Dog Mixed Vegetables Pea and Cheese Salad Waldorf Jello	13	14 Chicken Fried Steak Mashed Potato/ Gravy Mixed Vegetables Wheat Roll Oranges Apple Pie	15 Chicken Chow Mein Lo Mein Noodles Asian Broccoli Salad Oranges Fortune Cookie
18 Fish Sandwich Green Beans Coleslaw Tossed Salad Mandarin Oranges Sugar Cookie	19 Split Pea Soup Chef Salad with Chicken Crackers Peanut Butter Cookie	20	21 Oven Fried Chicken Mashed Potato/ Gravy Broccoli Tossed Salad Wheat Roll Apple Crisp	22 Shepard's Pie Kidney Beans Tossed Salad Italian Bread Fruit
25 Roast Beef Mashed Potatoes/ Gravy Green Beans Tossed Salad Wheat Roll Strawberry Shortcake	26 Pizza Tossed Salad Garbanzo Beans Raisins Peanut Butter Bars	27	28 Bean Burrito Spanish Rice Squash Tossed Salad Pineapple	29 Chicken Pot Pie Broccoli Tossed Salad Biscuit Strawberries and Creme

**Please call 970-879-0633 24 hours in advance for reservations.**

Milk, Tea, & Coffee are offered with all meals. Nutrition analysis provided by Melanie Hendershott, R.D.  
Lunch is served at noon at the following locations:

**Hayden/American Legion Hall**  
**South Routt/ South Routt Community Center**  
**Steamboat Springs/ Steamboat Springs Community Center**