

# Illinois Valley Senior Citizens Menu

618-498-3483 Nutrition Office Jerseyville

Gillespie 217-839-1399 ☺ Greene County Carrollton 217-942-6414 ☺ Carlinville 217-854-3622 ☺ Palmyra Silver Strands 217-436-2497

# SEPTEMBER 2020

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Pork Burger on Bun* Potato Wedges Baked Beans Mandarin Oranges Fruit Crisp	2 Stuffed Green Pepper Casserole with Rice Whole Wheat Roll* Lima Beans Pears / Cinnamon Roll	3 Potato Soup Ham Salad Sandwich Pickled Beets Cinnamon Apple Slices Cookies	4 Roast Beef Mashed Potatoes & Gravy Green Beans Apricots Dessert Bar
7  CLOSED – HOLIDAY  LABOR DAY	8 Cheesy Chicken Casserole Garlic Bread* Mixed Vegetables Pears Muffin	9 Beef & Noodles Mashed Potatoes Broccoli Peaches Cookies	10 Tuna Casserole with Peas Garlic Bread* Wax Beans Plums Jell-O with Fruit	11 Pepper Steak Scalloped Potatoes Brussel Sprouts Rosy Applesauce Dessert Bar
14 Beef Stroganoff Garlic Bread* California Blend Vegetables Mandarin Oranges Chocolate Whip	15 Sausage Patties Biscuit* & Gravy Roasted Potatoes Apricots Fresh Banana	16 Spaghetti w/Meat Sauce Garlic Bread* Spinach Salad Peaches Rice Krispy Treat	17 Grilled Chicken on Bun* Au Gratin Potatoes Lima Beans Fruit Cocktail Dessert Bar	18 <u>BIRTHDAY DINNER</u> Oven Fried Chicken Mashed Potatoes & Gravy Corn Tropical Fruit Cake with Frosting
21 Beef Vegetable Soup Whole Wheat Roll* Pickled Beets Plums Pudding	22 BBQ Johnny Rib Au Gratin Potatoes Butter Beans Pineapple Cookies	23 Goulash Garlic Bread* Spinach Salad Pears Jell-O with Fruit	24 Chicken & Noodles Whole Wheat Roll* Peas & Carrots Cinnamon Applesauce Fruit Crisp	25 Fish Potato Salad Baked Beans Mandarin Oranges Dessert Bar
28 Ham & Beans Cornbread* Pickled Beets Fruit Cocktail Pudding	29 Polish Sausage & Kraut Mashed Potatoes & Gravy Wax Beans Apricots Muffin	30 BBQ Chicken on Bun Potato Wedges Slaw Pineapple Cherry Cheesecake	<p><b>MENU SUBJECT TO CHANGE</b> based on product availability. Whole Wheat Bread, Roll or Bun &amp; 2% Milk served daily with every meal.</p> <p><b>Please make checks payable to: IVEDC</b></p>	