

Longe EWC/Community Table Dining Program CASH ONLY Sept. 11:30 AM-12:30 PM

Monday	Tuesday	Wednesday	Thursday	Friday
Labor Day! ECW Closed No Meals Provided	Turkey Pot Pie w/ biscuit top Broccoli Tropical Fruit Cookie	Baked Potato Soup Grilled Turkey and Cheese French Fries Banana Pudding Parfait	Pasta Salad Tuna Melt Sun Chips Fresh Fruit	Garden Salad Red Beans and Rice Bowl w/ polish sausage Dinner Roll Fruit Crisp
Vegetable Soup Hot Beef and Cheddar Sub Potato Wedges Pears	Until Soup Egg Salad Sandwich Dilled Cucumber Salad Fresh Fruit	Dijon Chicken Lemon Orzo Steamed Broccoli Pineapple Dinner Roll	Coleslaw Fish and Chips w/ tartar and ketchup Corn Muffin Peaches	Meatloaf w/ mashed potatoes and gravy Steamed Carrots Fresh Fruit Dinner Roll
Chili topped w/ green onion and shredded cheddar Tortilla Chips Fresh Fruit	Lemon Pepper Pollock Baked Potato w/sour cream Green Beans Peaches/Dinner Roll	Swedish Meatballs over egg noodles Steamed Carrots Mixed Fruit Dinner Roll	Minestrone Soup Club Sandwich Cookie Fresh Fruit	Coleslaw BBQ Pulled Pork Potato Wedges Applesauce
Country Fried Steak w/ country gravy Roasted Garlic Potatoes Green Beans Fresh Fruit Dinner Roll	Sweet and Sour Chicken Steamed Rice Stir Fry Veggies Mandarin Oranges	Garden Salad Golden Baked Chicken w/ Rice and gravy Fresh Fruit Dinner Roll	Pork Chop Patty Scalloped Potatoes Steamed Vegetables Applesauce Dinner Roll	Italian Salad Stuffed Shells w/ marinara and parmesan Breadstick Pears
Chicken Alfredo Garlic Bread Steamed Broccoli Peaches	Tomato Bisque Soup Grilled Cheese Sun Chips Fresh Fruit	Menu Subject to Change		September September

1% milk, 2 oz of whole grain, and fortified margarine are available with all meals. *All fresh produce is subject to availability. Substitutions may be made without notice.*

Suggested meal donation for eligible persons (aged 60+) is \$4.00. For non-eligible persons (aged 59 and younger), the cost is \$8.00 per meal