

# September 2025 Menus

Milk and beverages served daily.

Meals Prepared by: Blair Senior Services, Inc.  
Registered Dietician: Teri Henry, RDN, LDN

Monday	Tuesday	Wednesday	Thursday	Friday
<b>LABOR DAY</b>  <b>AGENCY CLOSED</b>	Hot Dog Potato Salad Cantaloupe Cubes Ice Cream Cup	Chicken Cacciatore Rotini with Marinara Sauce Italian Blend Vegetables Golden Fruit Parfait Italian Bread	Swedish Meatballs with Gravy Buttered Noodles California Blend Vegetables Mandarin Oranges in Orange Gelatin Whole Wheat Dinner Roll	Cheese Pizza Tossed Salad with Red wine Vinaigrette Strawberry Mousse
Hamburger French Fries French Cut Green Beans Mixed Berry Blend	Chef Salad Pears in Cherry Gelatin Whole Wheat Dinner Roll	Breaded Fish Sandwich on a Whole Wheat Roll AuGratin Potatoes Mixed Vegetables Fruit Cocktail	Chicken & Broccoli Alfredo Italian Blend Vegetables Applesauce Italian Bread	Ham & Cheese on a Whole Wheat Hoagie Roll Potato Chips Cantaloupe Cubes
Roast Turkey with Gravy Mashed Potatoes French Cut Green Beans Cranberry Juice Whole Wheat Dinner Roll	Spaghetti & Meatballs Italian Blend Vegetables Mixed Berry Blend Italian Bread	Chicken Salad Sandwich Cream of Broccoli Soup with Crackers Fruit Cocktail Ice Cream Cup	Cheeseburger on a Whole Wheat Roll Potato Salad Cantaloupe Cubes	Italian Sausage with Peppers & Onions on a Whole Wheat Roll Tater Tots Mandarin Oranges
Chicken Nuggets with Honey Mustard Dipping Sauce Scalloped Potatoes Broccoli Florets Fruit Cocktail Chocolate Chip Cookie	BBQ Ham Sandwich French Fries Key West Vegetables Fruit Cocktail	Baked Fish Macaroni & Cheese Stewed Tomatoes White Cake with Strawberries & Whipped Topping	Honey Mustard Chicken Mashed Potatoes with Gravy Roasted Brussels Sprouts Diced Peaches Whole Wheat Dinner Roll	Grilled Cheese Sandwich Tomato Soup with Crackers Mandarin Oranges
Creamed Chipped Beef Biscuit California Blend Vegetables Mixed Berry Blend	Ham Balls AuGratin Potatoes Broccoli Florets Peaches Sherbet Whole Wheat Dinner Roll			