



WCCS Lunch Menu

**September 2019
7 Day Menu**

513 695-2256

Amy Houpey, CDM, CFPP, MBM

Menus Subject to Change with Dietitian Approval

Morrow Center – 513-267-9045
 Lebanon Center – 513-939-5189
 Franklin Center – 937-545-6788
 South Lebanon Center – 513-267-8293
 741 Senior Center – 513-695-2257

REMINDER:

If you are **NOT** going to be home to receive your HOME DELIVERED MEAL

PLEASE CALL: 513-695-2256 Option 2, A DAY IN ADVANCE OR BY 8:00a.m.

WEEK OF SEPTEMBER 1

MENU A: SUNDAY 9/1	MENU B: SUNDAY 9/1
Chefs Surprise Dinner Roll / Margarine Fruit Milk	Chefs Surprise Dinner Roll / Margarine Fruit Milk
MONDAY 9/2	MONDAY 9/2
CLOSED LABOR DAY	CLOSED LABOR DAY
TUESDAY 9/3	TUESDAY 9/3
Homemade Beef And Noodles Capri Vegetables Seasoned Kale Fresh Fruit Cheese Cake / Sponge Cake Milk	Cheese Burger Casserole Zucchini Buttered Corn Fresh Fruit Cheese Cake / Sponge Cake Milk
WEDNESDAY 9/4	WEDNESDAY 9/4
Chicken Legs Mashed Potatoes With Skins Asparagus Tossed Salad / Dressing Dinner Roll / Margarine. Milk	Chorizo And Potato Skillet Yellow Squash Winter Blend Vegetables Tossed Salad / Dressing Dinner Roll / Margarine Milk
THURSDAY 9/5	THURSDAY 9/5
Swedish Meatballs / Pasta Peas Stewed Tomatoes Breadstick / Margarine Strawberry Applesauce Milk	Green Beans And Ham Baby Bakers Spinach Breadstick / Margarine Strawberry Applesauce Milk
FRIDAY 9/6	FRIDAY 9/6
Beef Stroganoff Mixed Vegetables Asparagus Dinner Roll / Margarine Fresh Fruit Milk	Breaded Chicken Patty Tater Bucks Oriental Vegetables Dinner Roll / Margarine Fresh Fruit Milk
SATURDAY 9/7	SATURDAY 9/7
Chefs Surprise Dinner Roll / Margarine Fruit Milk	Chefs Surprise Dinner Roll / Margarine Fruit Milk

WEEK OF SEPTEMBER 8

MENU A: SUNDAY 9/8	MENU B: SUNDAY 9/8
Chefs Surprise Dinner Roll / Margarine Fruit Milk	Chefs Surprise Dinner Roll / Margarine Fruit Milk
MONDAY 9/9	MONDAY 9/9
Pork Roast / Gravy Sweet Potatoes Corn Souffle Corn Muffin / Margarine Fresh Fruit Milk	Corned Beef Seasoned Diced Potatoes Cooked Cabbage Muffin / Margarine Fresh Fruit Milk
TUESDAY 9/10	TUESDAY 9/10
Chicken Fried Rice Butter Beans Stir Fry Vegetables Bread Stick / Margarine Diced Peaches Milk	Crab Cake Potato Medley Lima Beans Breadstick / Margarine Diced Peaches Milk
WEDNESDAY 9/11	WEDNESDAY 9/11
Roast Beef / Gravy Mashed Potatoes Sliced Carrots Tossed Salad / Dressing W/W Dinner Roll/ Margarine Milk	Broccoli Stuffed Chicken Capri Vegetables Sugar Snap Peas Tossed Salad / Dressing W/W Dinner Roll / Margarine Milk
THURSDAY 9/12	THURSDAY 9/12
Sliced Turkey / Gravy Mashed Sweet Potatoes Seasoned Green Beans Dinner Roll / Margarine Pumpkin Pie / Diet Pie Milk	Meatloaf / Gravy Ranch Mashed Potatoes Golden Hominy Dinner Roll / Margarine. Pumpkin Pie / Diet Pie Milk
FRIDAY 9/13	FRIDAY 9/13
Hamburger. / Bun Criss Cut Potatoes Baked Beans Mandarin Oranges Milk	Smokie / Bun Potato Wedges Sauerkraut Mandarin Oranges Milk
SATURDAY 9/14	SATURDAY 9/14
Chefs Surprise Dinner Roll/ Margarine Fruit Milk	Chefs Surprise Dinner Roll / Margarine Fruit Milk

WEEK OF SEPTEMBER 15

MENU A:

MENU B:

SUNDAY 9/15	SUNDAY 9/15
Chefs Surprise Dinner Roll / Margarine Fruit Milk	Chefs Surprise Dinner Roll / Margarine Fruit Milk

MONDAY 9/16	MONDAY 9/16
Shredded Chicken Taco Mixed Vegetables Diced Tomatoes Tortilla Fresh Fruit Milk	Beef Stir Fry Black Beans Stir Fry Vegetables Tortilla Fresh Fruit Milk

TUESDAY 9/17	TUESDAY 9/17
Salisbury Mushroom / Gravy Mashed Potatoes Winter Blend Vegetables Dinner Roll / Margarine Mixed Fruit Cup Milk	Cheese Pizza Buttered Corn Sugar Snap Peas Dinner Roll / Margarine Mixed Fruit Cup Milk

WEDNESDAY 9/18	WEDNESDAY 9/18
Cabbage Roll Diced Potatoes Butter Beans Fresh Vegetables / Ranch Cup W/W Dinner Roll / Margarine Milk	Baked Fish Spinach Stewed Tomatoes Fresh Vegetables / Ranch Cup W/W Dinner Roll / Margarine Milk

THURSDAY 9/19	THURSDAY 9/19
Chicken Cordon Bleu Peas And Carrots Wax Beans Bread Stick / Margarine Apple Pie / Diet Pie Milk	Lasagna Cauliflower Asparagus Bread Stick / Margarine Apple Pie / Diet Pie Milk

FRIDAY 9/20	FRIDAYDAY 9/20
Lemon Pepper Chicken Potato Medley Mixed Vegetables Dinner Roll / Margarine Fresh Fruit Milk	Broccoli And Cheese Casserole Tater Bucks Succotash Dinner Roll / Margarine Fresh Fruit Milk

SATURDAY 9/21	SATURDAY 9/21
Chefs Surprise 1 ea Dinner Roll / Margarine 1 ea Fruit 8Milk	Chefs Surprise Dinner Roll / Margarine Fruit Milk

WEEK OF SEPTEMBER 22

MENU A:

MENU B:

SUNDAY 9/22	SUNDAY 9/22
Chefs Surprise 1 ea Dinner Roll / Margarine 1 ea Fruit 8 oz Milk	Chefs Surprise 1 ea Dinner Roll / Margarine 1 ea Fruit 8 oz Milk

MONDAY 9/23	MONDAY 9/23
3 oz Chicken Tenders ½ c Potato Wedges ½ c Peas 1 ea Bread Stick / Margarine 1 ea Fresh Fruit 8 oz Milk	½ c Pepper Steak ½ c White Rice ½ c Fajita Vegetables 1 ea Bread Stick/ Margarine 1 ea Fresh Fruit 8 oz Milk

TUESDAY 9/24	TUESDAY 9/24
6 oz Homemade Chicken & Noodles ½ c Asparagus ½ c Yellow Squash ½ c Strawberry Applesauce 3 oz Brownie / 2 ea S.F. Cookies 8 oz Milk	4 oz Stuffed Green Pepper ½ c Scalloped Potatoes ½ c Maui Vegetables ½ c Strawberry Applesauce 3 oz Brownie / 2 ea S.F. Cookies 8 oz Milk

WEDNESDAY 9/25	WEDNESDAY 9/25
3 oz Country Fried Steak ½ c Seasoned Diced Potatoes ½ c Mixed Greens ½ c Tossed Salad / Dressing 1 ea W/W Dinner Roll / Margarine 8 oz Milk	3 oz Italian Chicken Breast ½ c Garden Blend Rice ½ c Mixed Vegetables ½ c Tossed Salad / Dressing 1 ea W/W Dinner Roll / Margarine 8 oz Milk

THURSDAY 9/26	THURSDAY 9/26
6 oz Chicken And Dumplings ½ c Diced Beets ½ c Green Beans 1 ez Biscuit / Margarine ½ c Tropical Fruit 8 oz Milk	6 oz Breakfast Casserole ½ c Hash Browns ½ c Spiced Peaches 1 ea Biscuit / Margarine ½ c Tropical Fruit 8 oz Milk

FRIDAY 9/27	FRIDAY 9/27
3 oz Breaded Veal ½ c Potato Medley ½ c Roasted Pepper And Corn 1 ea Dinner Roll / Margarine 1 ea Fresh Fruit 8 oz Milk	3 oz B.B.Q. Chicken Bites ½ c Au Gratin Potatoes ½ c Black Eyed Peas 1 ea Dinner Roll / Margarine 1 ea Fresh Fruit 8 oz Milk

SATRDAYDAY 9/28	SATURDAYDAY 9/28
Chefs Surprise 1 ea Dinner Roll / Margarine 1 ea Fruit 8 oz Milk	Chefs Surprise 1 ea Dinner Roll / Margarine 1 ea Fruit 8 oz Milk

WEEK OF SEPTEMBER 29

MENU A:

MENU B:

SUNDAY 9/29	SUNDAY 9/29
Chefs Surprise 1 ea Dinner Roll / Margarine 1 ea Fruit 8 oz Milk	Chefs Surprise 1 ea Dinner Roll / Margarine 1 ea Fruit 8 oz Milk

MONAY 9/30	MONDAY 9/30
5 oz Vegetable Lasagna ½ c Broccoli ½ c Diced Beets 1 ea Dinner Roll / Margarine ½ c Diced Peaches 8 oz Milk	3 oz Sirloin Patty / Gravy ½ c Tater Bucks ½ c Baked Beans 1 ea Dinner Roll / Margarine ½ c Diced Peaches 8 oz Milk