












# September Menu 2020

Site: Custer

<p><b>August winner:</b> Wes H. (West Park) Judy S. (Lemmon)</p> <p><b>August answer:</b> Watermelon</p> <p>Picnic Camping Lemonade</p>	<p style="text-align: center;"><b>Tuesday 1</b></p> <p>Chicken Pot Pie topped w/ Biscuit 2CS Broccoli Peaches 1CS Orange 1CS</p> 	<p style="text-align: center;"><b>Wednesday 2</b></p> <p>Swiss Steak w/Onion &amp; Tomato Mashed Potatoes 1CS Cooked Cabbage Fruit Cocktail 1CS Bread 1CS</p>	<p style="text-align: center;"><b>Thursday 3</b></p> <p>Sierra Turkey Casserole 2CS Spinach Salad Carrots 1/2CS Strawberries 1CS Bread 1CS</p> 	<p style="text-align: center;"><b>Friday 4</b></p> <p>Chicken Strips on a Bun 1CS Baked Potato 1CS Baked Beans 2CS Tomato Slices on Leaf Lettuce Mandarin Oranges 1CS</p>
<p style="text-align: center;"><b>Monday 7</b></p> <p style="text-align: center;"><b>We will be CLOSED TO OBSERVE Labor DAY</b></p>	<p style="text-align: center;"><b>Tuesday 8 HAPPY BIRTHDAY</b></p> <p>Chicken Fried Steak 1CS Mashed Potatoes w/Milk Gravy 2CS Peas 1CS Apricots 1CS Bread 1CS Cake 2CS</p> 	<p style="text-align: center;"><b>Wednesday 9</b></p> <p>Chicken Alfredo Linguini 1 1/2CS Broccoli Salad Cooked Apples 1 1/2CS Cranberry Sauce 1CS Garlic Bread 1CS</p>	<p style="text-align: center;"><b>Thursday 10</b></p> <p>Breaded Baked Fish Potato Wedges 1CS Squash 1CS LS Tomato Juice Pineapple Tidbits 1CS Bread 1CS</p> 	<p style="text-align: center;"><b>Friday 11</b></p> <p>Pork Roast Mashed Potatoes w/Gravy 1CS Peas &amp; Carrots 1CS Peach Crisp 1 1/2CS Bread 1CS</p>
<p style="text-align: center;"><b>Monday 14</b></p> <p>BBQ Chicken 1CS Baked Potato w/Sour Cream 1CS Glazed Carrots 1CS Med. Orange 1CS Bread 1CS</p> 	<p style="text-align: center;"><b>Tuesday 15</b></p> <p>Hungarian Goulash 3CS California Vegetables Apple Brown Betty 1 1/2CS Cranberry Juice 1CS Bread 1CS</p>	<p style="text-align: center;"><b>Wednesday 16</b></p> <p>Creamed Turkey over Mashed Potatoes 1CS Parslied Carrots 1/2CS Cranberry Coleslaw Mandarin Oranges 1CS Bread 1CS</p> 	<p style="text-align: center;"><b>Thursday 17</b></p> <p>Bean Soup with Ham, Carrots &amp; Cheese 2CS Jello w/Strawberries 1CS Banana 1CS Unsalted Crackers 1CS</p>	<p style="text-align: center;"><b>Friday 18</b></p> <p>Beef Tips in gravy over Rice 1CS Tossed Salad w/Cucumbers &amp; Radishes Green Beans Peaches 1CS Bread 1CS</p> 
<p style="text-align: center;"><b>Monday 21</b></p> <p>Chicken Cacciatore 1/2CS Mashed Potatoes 1CS Italian Vegetables 1/2CS Peas 1CS Fresh Fruit 1CS Garlic Bread 1CS</p>	<p style="text-align: center;"><b>Tuesday 22</b></p> <p>Meatloaf 1/2CS Hash brown Patty 1CS Broccoli Applesauce 1 1/2CS Bread 1CS</p> 	<p style="text-align: center;"><b>Wednesday 23</b></p> <p>Baked Chicken 1/2CS Sweet Potato 1 1/2CS Parmesan Green Beans Tomato Spoon Salad 1/2CS Pears 1CS Bread 1CS</p>	<p style="text-align: center;"><b>Thursday 24</b></p> <p>Taco Salad w/ Meat &amp; Beans 2CS Unsalted Crackers 1CS Peaches 1CS SF Vanilla Ice Cream 1CS</p>	<p style="text-align: center;"><b>Friday 25</b></p> <p>Chicken Strips Hashbrowns 1CS Patio Salad 1CS Tropical Fruit 1CS Chocolate Funny Cake 2CS</p> 
<p style="text-align: center;"><b>Monday 28</b></p> <p>Swedish Meatballs 1CS Mashed Potatoes 1CS Peas &amp; Carrots 1CS Tropical Fruit 1CS Bread 1CS</p> 	<p style="text-align: center;"><b>Tuesday 29</b></p> <p>Mandarin Orange Chicken 1CS Baked Potato 1CS Oriental Vegetables Fresh Fruit 1CS Chocolate Pudding w/Topping 1CS Bread 1CS</p>	<p style="text-align: center;"><b>Wednesday 30</b></p> <p>Cabbage Beef Soup 1 1/2CS Meat Salad Sandwich 2CS Unsalted Crackers 1CS Apple Crisp w/Topping 1 1/2 CS</p>	<p style="text-align: center;"><b>Puzzle of the Month</b></p> <p>Use the clues below - What is it?</p> <p>It is small. It is brown. It has a cap. It comes from a tree. What is it?</p> 	

\*All meals include 8 oz. 1% milk (1 CS)

Choice of 1- 2 bread / grain servings (1 – 2 CS)

Carb Servings = (CS) (1 = 15 grams Carbohydrate)

marked for diabetic diets

\*\*All canned fruit is in light syrup

**\*\*\*MENU SUBJECT TO  
CHANGE WITHOUT NOTICE\*\*\***

**FOR RESERVATIONS OR CANCELLATION**

PLEASE CALL  
CUSTER SENIOR MEALS  
605-517-0621  
**24 HRS. IN ADVANCE**