














# September Menu 2019

Site: Custer



<b>Monday 2</b> <b><u>CLOSED</u></b> 	<b>Tuesday 3</b> Breaded Beef Patty Mashed Potatoes with Mushroom Gravy 1CS Carrots 1/2CS Pears 1CS Bread 1CS 	<b>Wednesday 4</b> Chicken Pot Pie Topped with a Biscuit 2CS Broccoli Peaches 1CS Orange Juice 1CS 	<b>Thursday 5</b> Meatloaf 1/2CS Baked Potato 1CS Peas & Carrots 1CS Strawberries w/Topping 1CS Tossed Salad Bread 1CS	<b>Friday 6</b> Mac & Cheese w/Chicken 2CS Green Beans Stewed Tomatoes Fruit Crisp w/Topping 1CS Bread 1CS
<b>Monday 9</b> Baked Chicken 1/2CS Baked Sweet Potato 1 1/2CS Peas 1CS Fruit Cocktail 1CS Tomato Juice 1CS Bread 1CS 	<b>Tuesday 10 HAPPY BIRTHDAY</b> Hamburger on a Bun 1CS Potato Wedges 1CS Baked Beans 2CS Tropical Fruit 1CS Cake 2CS 	<b>Wednesday 11</b> Roast Beef Mashed Potatoes w/Gravy 1CS Green Beans Cranberry Sauce 1CS Med Orange 1CS Bread 1CS	<b>Thursday 12</b> Sweet & Sour Chicken 1CS Oven Baked Rice 1 1/2CS Broccoli Peaches 1CS Bread 1CS 	<b>Friday 13</b> Cheese Omelet 1CS Veggie Pasta Salad 1 1/2CS LS V-8 Juice 1CS Banana 2CS Bread 1CS
<b>Monday 16</b> Meat Salad Sandwich 2CS Patio Salad 1CS Tomato Juice 1CS Fresh Fruit 1CS	<b>Tuesday 17</b> Beef Noodle Stroganoff 2CS Parslied Carrots 1/2CS Coleslaw Mandarin Oranges 1CS Bread 1CS	<b>Wednesday 18</b> BBQ Chicken 1CS Baked Potato w/Sour Cream 1CS Peas 1CS Tomato Juice 1CS Pears 1CS Bread 1CS 	<b>Thursday 19</b> Spaghetti w/Meat Sauce 2CS Broccoli Salad 1CS Banana 1CS Butterscotch Pudding w/Topping 1CS Garlic Bread 1CS	<b>Friday 20</b> Breaded Baked Fish Hashbrowns 1CS Tossed Salad w/Tomatoes Tropical Fruit 1CS Bread 1CS 
<b>Monday 23</b> Hungarian Goulash 3CS Parsley Carrots 1/2CS Cooked Cabbage Peaches 1CS Bread 1CS 	<b>Tuesday 24</b> Chunky Chicken Veg Soup 1CS Tossed Salad Tomato Juice 1CS Banana 1CS Garlic Bread 1CS	<b>Wednesday 25</b> Roast Turkey Mashed Potatoes w/Gravy 1CS Peas & Carrots 1CS Cranberry Sauce 1CS Apple Juice 1CS Stuffing 1CS	<b>Thursday 26</b> Scrambled Eggs w/Cheese Hashbrowns 1CS Glazed Carrots 1CS Strawberries 1CS SF Ice Cream 1CS Bread 1CS 	<b>Friday 27</b> Chili 1 1/2CS Cinnamon Roll w/Almonds 2Cs Med Orange 1CS Lt. Fruit Yogurt 1CS
<b>Monday 30</b> Swiss Steak w/Onion & Tomatoes Mashed Potatoes 1CS Season Spinach Jello w/Topping Applesauce 1 1/2CS Bread 1CS	<b><u>Puzzle of the Month</u></b> Autumn is a <span style="border: 1px solid green; border-radius: 50%; padding: 2px 10px; font-weight: bold; color: green;">2<sup>nd</sup></span> spring when every  is a  . Albert Camus _____ is a _____ (6 letters) (4 letters) (6 letters)			<b>August. Answer:</b> Baseball, Lemonade, Watermelon <b>August Winners:</b> Dolores C. (Bison) Patsy N. (Echo Glen, RC) 

\*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

\*\*Fat free dressing is served with salad

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

**FOR RESERVATIONS OR CANCELLATION**

PLEASE CALL  
CUSTER SENIOR MEALS

605-517-0621

**24 HRS. IN ADVANCE**

**Please leave your name and what day**