

Guadalupe Senior Centers September 2023 Menu

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**Please make reservations! Call 1-day ahead at 816-218-0972	**Please help us not waste food call in for Cancellations call 816-218-0972			Sloppy Joe Broccoli Home Style Potato Salad WG Hamburger Bun Banana 1% Milk
4	5	6	7	8
Center Closed in Honor of Labor Day 	Meatball Grinder w/Shredded Mozzarella Italian Vegetables Tossed Salad w/ Red Cabbage & Tomato Italian Dressing WW Hot Dog Bun Margarine Peaches 1% Milk	Spanish Chicken Mexican Rice Mexican Pinto Beans Carrots White Corn Tortillas Margarine Strawberries w/ Topping 1% Milk	BBQ Pulled Pork Sandwich Broccoli Salad Baked Beans WG Hamburger Bun BBQ Sauce Fruit cocktail 1% Milk	WW Spaghetti & Meatballs Italian Vegetables Tossed Salad w/ Red Cabbage & Tomato Italian Dressing Garlic Bread Margarine Parmesan Cheese Fruit Delight 1% Milk
11	12	13	14	15
Tuna Salad Plate Boiled Egg Broccoli Salad Sliced Tomato Lettuce Leaf Wheat Bread Banana & Strawberries 1% Milk	Baked Shredded Pork Pico de Gallo Mexican Pinto Beans Mexican Rice Sour Cream White Corn Tortilla Fruit Delight 1 % Milk	BBQ Riblet Creamy Coleslaw Baked Beans Hamburger Bun BBQ Sauce Honey Dew Melon 1% Milk	Center Closed Field Trip	Center Closed in Honor of Hispanic Heritage Month 
18	19	20	21	22
Chicken Strips Broccoli Salad Carrots Wheat Crackers Margarine Honey Mustard Sauce Pineapple chunks 1% Milk	Beef Taco Salad Shredded Cheese/ Lettuce & Diced Tomatoes Mexican Pinto Beans White Corn Tortilla Chips Salsa Sour Cream Honey Dew Melon 1% Milk	Hamburger American Cheese Lettuce, Tomato Pickle, Onion Potato Wedges WG Hamburger Bun Ketchup, Mustard, Mayo Orange 1% Milk	Grilled Chicken Breast Sandwich Creamy Coleslaw Corn WG Hamburger Bun Margarine Mustard/Mayo Fancy Pineapple-Orange Salad 1% Milk	Italian Sausage Broccoli Salad Carrots Hot Dog Bun Orange Mustard/Ketchup 1% Milk
25	26	27	28	29
Chicken Fajitas w/ Peppers & Onion Shredded Lettuce Pico de Gallo W W Flour Tortilla Mexican Rice Sour Cream Watermelon 1% Milk	Liver & Onions Green Peas Au Gratin Potatoes Wheat Dinner Roll Margarine Honey Dew Melon 1% Milk	Chicken Parmesan Italian Vegetables Spinach Garlic Bread Margarine Vinegar Garlic Bread Graham Crackers Fruit Delight 1% Milk	Battered Pollock Fish Carrots Cabbage/ Kohlrabi Coleslaw Wheat Dinner Roll Margarine Tartar Sauce Mandarin Oranges 1% Milk	Oven Fried Chicken Chicken Gravy Mashed Potatoes Green Beans Wheat Roll Margarine Chocolate Cake w/ Chocolate Frosting Vanilla Ice Cream 1% Milk