


# Chatham County Aging Services September 2023 Menu

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Steakburger on Bun Warm Potato Salad Warm Fruit Crisp 2% Milk
4	5	6	7	8
COA CLOSED 	Slice Ham w/Raisins Steamed Cabbage Great Northern Beans Pineapple Biscuit 2% Milk	Pork Loin w/Gravy Brocc./Cauliflower Blend Mashed Sweet Potatoes Biscuit w/Marg. Seasonal Fresh Fruit 2% Milk	Salisbury Steak w/gravy Mashed Potatoes Mixed Vegetables Yeast Roll w/Marg. Cookies 2% Milk	Baked Chicken w/Gravy Buttered Pasta California Blend Vegetables Biscuit w/Jelly Orange Slices 2% Milk
11	12	13	14	15
Baked Spaghetti Steamed Spinach Peas Wheat Roll w/Marg. Canned Fruit 2% Milk	Beef Stew Baby Lima Beans Rice Biscuit w/Marg. Orange Slices 2% Milk	Baked Chicken on Bun Roasted Red Potatoes 3 Bean Salad Warm Fruit Salad 2% Milk	Swedish Meatballs w/Gravy Mashed Potatoes Baby Carrots Biscuit w/Marg. Cookies 2% Milk	Chix Fajita on Tortilla Onions and Peppers Mexican Rice Cinnamon Peaches Shredded Cheese 2% Milk
18	19	20	21	22
Chicken Pasta Casserole Broccoli Warm Canned Fruit Cookies 2% Milk	Cheeseburger on Bun Lettuce and Tomato Baked Beans Warm Canned Fruit 2% Milk	Beef Taco on Tortilla Corn Mexican Rice Shredded Lett.,Tom.,Cheese Cinnamon Applesauce 2% Milk	Pork BBQ on Bun Slaw Parsley Potatoes Cookies 2% Milk	Pinto Beans Macaroni and Cheese Veg. Blend w/Carrots Orange Slices Yeast Roll w/Marg. 2% Milk
25	26	27	28	29
Baked Spaghetti Zucchini and Onions Steamed Spinach Wheat Roll w/Marg. Canned Fruit / Cookies 2% Milk	Chicken Noodle Casserole Green Peas Carrots Wheat Roll w/Marg. Fruit Yogurt 2% Milk	Sliced Ham w/Raisins Green Beans Sweet Potatoes Biscuit w/Marg. Orange Slices 2% Milk	Meatloaf w/Gravy Mashed Potatoes Mixed Vegetables Yeast Roll Rice Krispy Bar 2% Milk	BBQ Chicken on bun Broccoli Corn Cupcake 2% Milk