

# SEPTEMBER | 2019



## Defiance County Senior Services

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>2</b> <b>Closed</b>  <b>Labor Day</b>	<b>3</b> Beef and Noodles Sweet Peas Baby Carrots Diced Peaches Whole Wheat Bread	<b>4</b> Chili Tossed Salad Fresh Orange Bosco Stick Salad Bar in Cafe	<b>5</b> Pork Chop Scalloped Potatoes Brussel Sprouts Applesauce Dinner Roll	<b>6</b> BBQ Chicken Winter Blend Red Skin Potatoes Pineapple Dinner Roll Birthday Cake
<b>9</b> Fish Sandwich Potato Wedges Green Beans Mandarin Oranges	<b>10</b> Chicken ala King Over a biscuit Harvard Beets Steamed Cabbage Pears	<b>11</b> Split Pea w/ Ham Soup Alt: Chicken Noodle Turkey & Swiss Sandwich Cole Slaw Tropical Fruit Salad Salad Bar in Cafe	<b>12</b> Spaghetti w/ Meatballs Tossed Salad Asparagus Hot Cinnamon Peaches Garlic Bread	<b>13</b> Beef Pot Roast Diced Potatoes Carrots Apricots Whole Wheat Bread
<b>16</b> Grilled Chicken Sandwich Hash Brown Casserole Pea Salad Apple Crisp	<b>17</b> Swedish Meatballs Over Noodles Lima Beans Corn Banana Wheat Bread	<b>18</b> French Onion Soup Roast Beef Sandwich Cole Slaw Orange Juice Fruited Jell o Salad Bar in Cafe	<b>19</b> BBQ Ribs Baked Potato California Blend Ambrosia Salad Dinner Roll	<b>20</b> <b>Closed                      for                      Staff Training</b>
<b>23</b> Hot Beef Sandwich Ranch Diced Potatoes Mixed Vegetables Pineapple Juice	<b>24</b> Sweet and Sour Chicken Brown Rice Oriental Vegetables Mandarin Oranges Fortune Cookie	<b>25</b> Tomato Soup Grilled Cheese Sandwich Broccoli Salad Mixed Fruit Salad Bar in Cafe	<b>26</b> Hamburger Gravy Mashed Potatoes Cole Slaw Brussel Sprouts Apple Dinner Roll	<b>27</b> Chicken Fettuccini Alfredo Peas and Carrots 7Layer Salad Cherry Crisp Garlic Bread
<b>30</b> Cheese Burger Baked Beans Oven Fries Plums	<p>The center will be closed for staff training Friday September 20<sup>th</sup>, there will be no home delivered meals this day.</p> <p>Your driver will provide you with frozen meals to use this day.</p>			

### News

**Home delivered meals must be consumed within 30 minutes of delivery, or refrigerated and reheated at 350 for 15 minutes**