LET US KNOW WHAT YOU THINK! PLEASE MARK YOUR MENU AT THE END OF THE MONTH AND SEND IT BACK TO US:
Cross through items you don’t like. Circle items you do like. Put a star in front of items you want to see more often.

NEW MEAL ITEMS ARE UNDERLINED.

SEPTEMBER 2019 - NOON MEALS ARE NOT LATE UNTIL 1:00 P.M.

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td>2</td>
<td>CLOSED</td>
<td>COLD MEAL</td>
<td>Sesame Chicken with Broccoli &amp; Carrots</td>
<td>Pulled Pork Brioche Slider Sour Cream and Chive Potato Wedges California Blend Vegetables Applesauce</td>
</tr>
<tr>
<td>LABOR DAY</td>
<td>Chicken Salad on bun Marinated Vegetables Mixed Fruit Yogurt</td>
<td>Beef Pot Pie Over Puff Pastry Asparagus Raspberry Chimis</td>
<td>Fortune Cookie Mandarin Oranges</td>
<td></td>
</tr>
<tr>
<td>Use Meal Provided</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

9 Beef Stew with Vegetables Corn Muffin Applesauce

10 Beef & Lamb Fattoush Pasta salad Pita Chips Grape Bag

11 Biscuits and Sausage Gravy Scrambled Eggs Hash Browns Spiced Peaches

12 Baked Swai Fish with Lemon Wedge Brussel Sprouts Au Gratin Potatoes Pears

13 Turkey Tetrazzini with Vegetables Dinner Roll Normandy Blend Vegetables Pudding Cup

16 BBQ Chicken Burger with Cole Slaw Topping Broccoli Cheese Mixed Fruit with Cherry

17 Turkey Coney Dog on bun with Chili Cheese Sauce Topping Tator Tots Carrot Coins Pineapple Pieces

18 Bone in Garlic Parm Wings Roasted Zucchini Mac & Cheese Pears

19 Penne Alfredo with Chicken Bake Zucchini with Tomatoes Garlic Croissant Peaches

20 Corned Beef and Swiss on Honey Wheat Bun with Lettuce & Tomato Buttered Baby Carrots Cottage cheese with Fruit

23 Meat Topped Potato with Butter, Sour Cream & Cheese Tuscan Blend Vegetables Harvard beets

24 Beef Pizza Italian Blend Vegetables Tossed Salad Cup with Dressing Peaches and Pears

25 Broccoli and Cheese Soup Brioche Roll Apple Crisp

26 Beef Nacho Salad with Pico and Vegetables Charro Beans Fruit Filled Churro

27 Boneless Chicken Thigh Smothered in Creamy Spinach Artichoke Wild Rice Stewed Tomatoes Mandarin Orange

30 Ham and White Beans Corn bread Apple Cranberry Cobbler

**NEW MEAL ITEMS ARE UNDERLINED**

IF YOU DO NOT EAT YOUR MEAL WHEN IT ARRIVES - REFRIGERATE IMMEDIATELY!

Suggested Donation $10 Monthly

Published monthly by: Senior Services, Inc. of Wichita 200 S. Walnut St, Wichita, KS 67213