
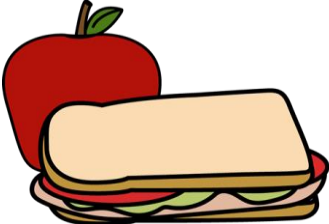


2021

September

Rural Valley
724-783-2270

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Grilled Chicken Caesar Salad 1c. Mix Greens w/Diced Chicken, Parm., Tomato, Croutons, Drs. 1c. Pasta Florentine Soup w/Crk. WG Dinner Roll 1/2c. Mixed Fruit	2 Orange Glazed Pork Loin 1/2c. Blended Rice 1/2c. California Blend Wheat Bread 1/2c. Pineapple Tidbits	3 Special Meal Kielbasa w/2oz. Sauerkraut 1/2c. Garlic Mashed Potatoes 1/2c. Creamy Coleslaw White Bread Ice Cream Apples
6 CENTER CLOSED Labor Day 	7 Western Omelet Ham, Peppers, Onions, Cheese 1/2c. Breakfast Potatoes WG English Muffin w/Jelly 4oz. Orange Juice	8 4 Sweet & Sour Meatballs 1/2c. Blended Rice 1/2c. Creamy Coleslaw Wheat Bread 1/2c. Mixed Fruit	9 BBQ Glazed Turkey Burger w/Cheddar 1c. Broccoli Soup w/Crackers Sandwich Bun Fresh Fruit	10 Baked Meatloaf w/Gravy 1/2c. Whipped Potatoes 1/2c. Creamed Corn Wheat Bread 1/2c. Sherbet
13 Potato Crusted Fish 1/2c. Tuscan Mac & Cheese 1/2c. Italian Green Beans Wheat Bread Fresh Fruit	14 Salisbury Steak w/Gravy 1/2c. Cheddar Whipped Potatoes 1/2c. Corn & Pimentos White Bread 1/2c. Pears	15 Special Meal Boxed Picnic Lunch Turkey/Swiss on Croissant Lett/Tom/Mayo on side Baked Beans Pasta Salad Potato Chips/Ice Cream Cookie Fruit Cup/Iced Tea	16 Baked Cabbage Roll w/Sauce 1/2c. Garlic Whipped Potatoes 1/2c. Carrots WG Dinner Roll Strawberry Shortcake	17 Chicken Marsala w/2oz. Gravy 1/2c. Pasta 1/2c. Brussel Sprouts Wheat Bread 1/2c. Mixed Fruit
20 Cheeseburger 1/2c. BBQ Butterbeans 1/2c. Macaroni Salad Sandwich Bun Fresh Fruit	21 Chicken Cobb Salad Diced Chicken, Egg, Bacon Bits, Cheddar over 1c. Mixed Greens 1c. Barley Veggie Soup w/Crk. WG Dinner Roll 1/2c. Sunset Peaches	22 Pulled Pork Sandwich 1/2c. Hawaiian Coleslaw 1/2c. Ranch Potatoes Sandwich Bun Cookie	23 Parmesan Chicken over 3/4c. Lemon Asparagus Pasta 1c. Tossed Salad w/Tomato & Dressing 1/2c. Applesauce	24 Pot Roast 1/2c. Whipped Potatoes & Gravy 1/2c. Carrots Wheat Bread 1/2c. Pears
27 Baked Breaded Chicken Cutlet 1/2c. Scalloped Potatoes 1/2c. Tomato & Cucumber Salad White Bread 1/2c. Fruited Gelatin	28 Tuna Salad Sandwich w/Lettuce & Tomato 1c. Lentil Soup w/Crackers Sandwich Bun Fresh Fruit	29 Sweet Sausage Minestrone Peppers, Onions, Zucchini, Tomatoes over 3/4c. Pasta 1c. Tossed Salad w/Cuke & Drs. WG Dinner Roll Fresh Fruit	30 Baked Meatloaf w/Gravy 1/2c. Baked Potato w/Margarine 1/2c. Wax Beans Wheat Bread Cookie	

To reserve a meal, please call your local center at the number listed above or the Area Agency on Aging office 724-548-3290 or 800-368-1066 by 11:00 the day before.

*Special meal requires a reservation by 11:00 a.m., three working days in advance. Please call your local center at the number listed above or the Area Agency on Aging office 724-548-3290 or 800-368-1066.