

SEPTEMBER 2023 LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
4 Mid-County CLOSED for Labor Day	5 Eggplant Parmesan with Marinara Sauce and Mozzarella Capri Vegetables Peach Crisp Dinner Roll Fresh Apple	6 Pot Roast Au Jus Roasted Baby Bakers Green Beans Pineapple Tidbits Giant Graham Fish	7 Tuna Salad on Roll Lettuce & Tomato Tomato Vegetable Soup Fruit Cocktail Crackers	8 Chicken Drumsticks Sweet Potatoes Broccoli Spears Applesauce Apple Waffle Cookie 
11 Meatloaf with Gravy Corn Nuggets Spinach Pineapple Tidbits 	12 Grilled Chicken on Salad with Cucumber, Tomato, & Carrot Beef Vegetable Soup Blueberry Muffin Diced Peaches Yogurt	13 Stuffed Pepper in Marinara Sauce Mashed Potatoes Green Beans White Wheat Bread Fresh Plum or Apple	14 Crab Cake on Brioche Bun Stewed Tomatoes Corn Fruit Cocktail Tartar Sauce	15 BBQ Texas Burger with Sautéed Onions, BBQ Sauce, & Pepper Jack Cheese Lima Beans Fiesta Corn Mixed Fruit
18 Cheeseburger Lettuce, Tomato, & Onion Sweet Potato Wedges Fresh Plum or Orange	19 Flounder in Lemon Parsley Sauce Macaroni & Cheese Stewed Tomatoes Fruit Cocktail Chocolate Chip Muffin	20 Cheese Pizza Salad with Carrots, Tomato, & Garbanzo Beans Chocolate Ice Cream	21 Salisbury Steak with Gravy Baby Lima Beans Carrots Diced Pears Potato Bread	22 Pot Roast Au Jus Baked Potato with Sour Cream California Blend Vegetables Split Top Dinner Roll Strawberry Waffle Cookie
25 Cheese Ravioli in Meat Sauce Mixed Salad with Tomato & Cucumber Apple Crisp	26 Ham & Swiss on Roll Lettuce, Tomato, & Onion Coleslaw Pineapple Tidbits 	27 (birthday lunch) BBQ Chicken Potato Salad with Egg Baked Beans Diced Peaches Giant Goldfish Graham Cracker	28 Pot Roast Au Jus Baked Potato with Sour Cream California Blend Vegetables Split Top Dinner Roll Strawberry Waffle Cookie	29 Turkey with Gravy Sweet Potatoes Green Beans 12 Grain Bread Pudding Cranberry Sauce
2	3	4	5	6

- Lunch is \$2.25 for those over 60. Special lunches are \$3.00 for those over 60.

- Our meals are ordered in advance. You must call or sign up for lunch by 11 a.m. the day before.

- Your signature is REQUIRED in the City Fare sign in book located on Lori's desk. City Fare requires us to authenticate each meal provided to ensure accuracy of distribution.