






Mizell Senior Center September 2017



Monday	Tuesday	Wednesday	Thursday	Friday
	 = High Sodium Day			1 Baked Cod Brown Rice Pilaf Carrots Wheat Roll, Apple Sauce & Milk
4 	5 Hamburger Lettuce & Tomato Tater Tots Coleslaw Apple, Milk	6 Chicken Parmesan Fettuccini Cauliflower Blend Wheat Roll Banana, Milk	7 Pork Roast, Mashed Potatoes & Gravy Mixed Vegetables Wheat Roll Diced Peaches, Milk	8 Tuna Noodle Casserole, Spinach Wheat Roll Milk, Apple Sauce
11 Beef Lasagna Italian Vegetables Wheat Roll Orange, Milk	12 BBQ Chicken Creamed Spinach Western Corn Wheat Roll Apple Sauce, Milk	13 Beef & Cheese Enchilada Tomato, Zucchini Aztec Rice Diced Peaches, Milk	14 Baked Ziti with Italian Sausage Broccoli Wheat Roll Banana, Milk	15 Herb Baked Cod Brown Rice Pilaf Calif. Blend Veggies Wheat Roll Milk, Juice
18 Chili Colorado - Beef Carrots, Brown Rice Corn Bread Banana, Milk	19 Chicken Cacciatore Penne Pasta Lima Beans, Garlic Bread Apple Sauce, Milk	20 Sloppy Joe - Beef Coleslaw Wheat Bun Tater Tots Diced Peaches, Milk	21 Asian Chicken Stir fried Veggies Noodles WG Hawaiian Roll Orange, Milk	22 Vegetable Lasagna Corn & Black Beans Wheat Roll Milk, Apple
25 Cheese Ravioli Marinara Sauce Broccoli Garlic Bread Orange, Milk	26 Chicken & Rice Casserole Green Salad Wheat Roll Banana, Milk	27 Salisbury Steak Boiled Potatoes Carrots Wheat Roll Peaches, Milk	 28 Baked Ham with pineapple Scalloped Potato Vegetable Blend Wheat Roll, Apple Sauce, Milk	29 Grilled Salmon Brown Rice Pilaf Broccoli Wheat Roll, Milk, Fruit Cocktail



Mizell Senior Center September 2017



Lunes	Martes	Mircoles	Jueves	Viernes
	 = Dia de Alto Sodio			1 Bacalao al Horno Arroz Integral Pilaf Zanahoria Panecillo Integral Pure de Manzana, Leche
4 	5 Hamburguesa Lechuga Y Tomate Barriles de Papa Ensalada de Col Manzana, Leche	6 Pollo Paremesean Fettuccini Mezcal de Coliflor Panecillo Integral Banana, Leche	7 Pork Roast Pure de Papa c/Gravy Vegetal Mixto Panecillo Integral Durazno Picado, Leche	8 Caserola de Tuna y Fideos, Espinacas Panecillo Integral Pure de Manzana, Leche
11 Lasagna de Res Vegetal Italiano Panecillo Integral Naranja, Leche	12 Pollo BBQ Espinacas en Crema Elote Occidental Panecillo Integral Pure Manzana, Leche	13 Enchiladas de Res y Queso, Tomate Y Calabacitas Arroz Azteca Durazno Picado, Leche	14 Baked Ziti con Italian Sausage Broccoli Panecillo Integral Banana, Leche	15 Bacalao en Especies al Horno Arroz Integral Pilaf, Vegetal California, Leche, Jugo
18 Res en Chile Colorado, Arroz Integral Zanahoria Pan de Elote Banana, Leche	19 Pollo Cacciatore Pasta Penne Habas, Pan de Ajo Pure Manzana, Leche	20 Sloppy Joe - Beef Ensalada de Col Pan Integral Barriles de Papa Durazno Picado, Leche	21 Asian Chicken Stir fried Veggies Fideos de Trigo Panecillo Hawaiian Naranja, Leche	22 Lasagna de Vegetal Elote Y Frijol Negro Panecillo Integral Manzana, Leche
25 Ravioli de Queso Salsa Marinara Broccoli Pan de Ajo Naranja, Leche	26 Caserola de Pollo y Arroz Ensalada Verde Panecillo Integral Banana, Leche	27 Filete Salisbury Papa Hervida Zanahoria Panecillo Integral Durazno, Leche	28 Jamon c/Piña al Horno, Scalloped Potato, Mezcla Vegetal, Panecillo Integral, Pure de Manzana, Leche 	29 Salmon a la Parrilla Arroz Integral Pilaf Broccoli Panecillo Integral Coctel de Futa, Leche