








# Mizell Senior Center Menu September 2018



Monday	Tuesday	Wednesday	Thursday	Friday
<b>3</b> <i>Closed</i> 	<b>4</b> Orange Chicken Brown Rice Whole Green Beans Hawaiian Roll	<b>5</b>  Andouille Sausage (Mild) Red Beans and Rice Mixed Vegetable	<b>6</b> Pasta Primavera with Chicken Broccoli Penne Pasta	<b>7</b> Egg Salad on Wheat Bread Lettuce, Tomato Broccoli Salad
<b>10</b> Cheese Ravioli Creamy Marinara Zucchini Garlic Bread	<b>11</b> Smothered Chicken Gravy Mashed Potatoes Broccoli, Roll	<b>12</b>  Jambalaya Green Salad Wheat Roll	<b>13</b> Chicken Christmas Tamale (Red and Green Sauce) Black Beans, Rice Carrots	<b>14</b> Chef Salad Ham, Turkey and Cheese Wheat Roll
<b>17</b> Country Herb Baked Chicken Risotto Broccoli	<b>18</b>  Blackened Chicken Alfredo Bow Tie Pasta Broccoli Wheat Roll	<b>19</b> Roast Turkey Stuffing, Gravy, Sweet Potatoes Mash Green Beans Casserole	<b>20</b> Meat Loaf Scalloped Potato Vegetable Blend Wheat Roll	<b>21</b> Baked Cod Garden Rice Carrots Wheat Roll
<b>24</b> Beef Stew Roasted Potato Peas and Carrots Dinner Roll	<b>25</b>  Chili Colorado Brown Rice Spanish Vegetables Dinner Roll	<b>26</b> Sloppy Joe Potato Chip Wheat Roll	<b>27</b> Chicken Stir Fry Brown Rice Broccoli Dinner Roll	<b>28</b> Turkey Sandwich Whole Wheat Bread Lettuce, Tomato Chips

 = High Sodium Meal