

Join us for lunch in our Dining Room  
Monday - Friday 11:30 to 12:30

# September 2018



<b>Soup and Salad Served With All Meals</b> <b>Vegetables Accompany All Meals</b> Substitutions may be made based upon product availability		<b>Milk &amp; Juice Available Daily</b> <b>Dessert Available Daily</b>		<b>Senior Meal (age 60+) - Suggested Donation \$6.00</b> Donations of every amount are welcome. <a href="http://www.wasillaseniors.com">www.wasillaseniors.com</a> (907)376-3104	
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
<b>Thank You, Lunch Sponsors !</b> <b>Sep 5: Representative Cathy Tilton</b> <b>Sep 20: Mat Su Valley Frontiersman</b>		Aug 29	Aug 30	Aug 31	
		CHICKEN LEGS EGG NOODLES COOKED VEGGIES JELL-O	LIVER & ONIONS or PIZZA CHEF'S POTATOES GARLIC VEGGIES PUDDING	BAKED FISH POTATO WEDGES VEGETABLE COOKIES	
3 Closed	4	5 <b>CATHY TILTON</b>	6	7	
	EGG SALAD SANDWICH CHIPS & PICKLE VEGETABLE SOUP FRUIT	MANICOTTI LIMA BEANS GARLIC BREAD COOKIE	BREADED CHICKEN PATTY BUN, LETTUCE & TOMATO ENGLISH PEAS YOGURT PARFAIT	PIZZA or SANDWICH COLD SALAD BAR ASSORTED DESSERTS	
10	11	12	13	14	
KALUA PORK RICE COOKED CARROTS SOUP OR SALAD PUDDING	TACO SALAD & FIXINGS MEXICAN SOUP VANILLA PUDDING with BANANAS & WAFERS	POTATO BAR with CHILI & ALL the FIXINGS SIDE SALAD COOKIE	STUFFED BELL PEPPERS MASHED POTATOES & GRAVY GREEN BEANS MANDARIN ORANGES	ORANGE CHICKEN FRIED RICE ASIAN STYLE VEGGIES COOKIES	
17	18	19	20 <b>THE FRONTIERSMAN</b>	21	
OVEN FRIED CHICKEN WINGS CURLY FRIES CELERY & CARROTS SLICED PEACHES	CHEF SALAD WHOLE WHEAT ROLL COTTAGE CHEESE FRUIT, SOUP, & COOKIE	MEAT LASAGNA ENGLISH PEAS JELL-O	COUNTRY FRIED CHICKEN with COUNTRY GRAVY MASHED POTATO GREEN BEANS DESSERT	FISH FILET ON BUN TARTAR SAUCE POTATOES AU GRATIN VEGETABLE MEDLEY COOKIE	
24	25	26	27	28	
SALISBURY STEAK ROASTED POTATOES & GRAVY PEAS & CARROTS SLICED PEACHES	BBQ PORK SANDWICH CREAMY COLE SLAW TATER TOTS POPSICLE	CABBAGE ROLLS POTATOES AU GRATIN VEGETABLE MEDLEY COOKIE	TURKEY BURGER on WHOLE WHEAT BUN BAKED LAYS CHIPS ROASTED CAULIFLOWER JELL-O & COOL WHIP	GYROS with TZATZIKI SAUCE GARLIC LEMON POTATOES FETA CHEESE DESSERT	