

September 2020

# Dayton Senior Center

## Menu

Lunch Served Monday –Friday

11:30am-12:30 pm

Monday– Friday 8:00 - 4:30

Supervisor: Todd Cospewicz



www.lyon-county.org

**Menu Subject to Change**

320 Old Dayton Valley Rd

Dayton, NV 89403

775-246-6210

Monday	Tuesday	Wednesday	Thursday	Friday
	<p>1 <b>Caribbean Chicken</b> Aztec Rice Orange Spinach Salad Bean Combo Baked Apples w/ Raisin Nut Filling ADSD #118</p>	<p>2 <b>Spaghetti with Meat Sauce</b> Spinach Salad W/ Garbanzo Beans and Cherry Tomatoes Zucchini Garlic Bread Pears</p>	<p>3 <b>Baked Fish</b> Coleslaw Mixed Vegetables Tartar Sauce WW Bread Margarine Banana</p>	<p>4 <b>Cheeseburger Skillet</b> Tossed Salad Balsamic Vinaigrette WW Dinner Roll Fruit Cocktail Unsweetened Iced Tea ADSD #153</p>
<p>7 <b>Closed for Labor Day Holiday</b></p>	<p>8 <b>Italian Sausage Hoagie</b> <b>Red Peppers &amp; Onions</b> Coleslaw Baked chips Baked Beans Fruit Cup</p>	<p>9 <b>Crab Salad on WW Bun</b> Broccoli Grape Salad Fruit Cocktail Cookies Fresh Orange Wedges Apple Juice</p>	<p>10 <b>Hot Turkey Sandwich on WW Bread</b> Mashed Potatoes Gravy Green Beans with Mushrooms Mixed Berry Crisp</p>	<p>11 <b>Tuna Fish Casserole</b> Colorful Salad FFLS French Dressing Mango Cubes WW Bread Smart Balance Unsalted ADSD # 177</p>
<p>14 <b>Swiss Steak w/Tomato Sauce</b> Broccoli Chopped Three Bean Salad Spring Salad Garlic French Dressing WW Roll Cantaloupe ADSD #113</p>	<p>15 <b>Beef Pot Pie</b> Green Beans &amp; Mushrooms WW Roll Margarine Mixed Fruit Sherbet</p>	<p>16 <b>Stuffed Bell Peppers w/ Mashed Potatoes</b> Broccoli w/Cheese Pineapple Cup Cookies</p>	<p>17 <b>Sloppy Joe/Bun</b> 3 Bean Salad Cooked Carrots Baked Banana ADSD # 155</p>	<p>18 <b>Ginger Peach Chicken</b> Basil Garlic Zucchini Pasta WW Roll Margarine Mandarin Oranges</p>
<p>21 <b>LS Ham and Beans</b> Corn Bread Smart Balance Green Salad Dressing Pears with Jell-O</p>	<p>22 <b>Chicken Noodle Casserole</b> Zucchini and Tomatoes Cornbread Smart Balance Fresh Plum ADSD # 170</p>	<p>23 <b>Breaded Fish Square on WW Bun</b> Tater Tots Tartar Sauce California Blend Vegetable Pears</p>	<p>24 <b>Brunch for Lunch</b> <b>French Toast</b> Bacon Watermelon Syrup 100 &amp; Vegetable Juice Low Sodium ADSD # 190</p>	<p>25 <b>Birthday Lunch!</b> <b>BBQ Pork Ribs</b> Sweet Potatoes Baked Beans Mixed Veggies Spiced Pears Carrot Cake</p>
<p>28 <b>Swedish Meatballs/ Mushrooms</b> WW/Noodles Scandinavian Veggies WW Roll Margarine Fresh Orange Wedges</p>	<p>29 <b>Lemon Baked Fish</b> Parsley Buttered New Potatoes Seasoned Zucchini Garden Salad FF French Dressing WW Roll Cantaloupe Chunks ADSD#26</p>	<p>30 <b>Turkey Fajita</b> Spanish Rice Ranch Style Beans Chopped Spinach LFLS French Dressing Pineapple Chunks ADSD #17</p>		<p>1/2 pint of milk is Served Daily</p>