ENTERPRISE SENIOR CENTER
September 2020

TRIO Community Meals
an elior company

TUESDAY	WEDNESDAY	FRIDAY
1	**2**	**4**
Spaghetti w/Meat Sauce Broccoli & Cauliflower Mixed Green Salad Garlic Texas Toast Hot Spiced Apples Milk Ranch Salad Dressing	Chicken Salad Lettuce & Tomato & Onion Cucumber Salad Croissant Tropical Fruit Baked Cookie Milk Diet - Vanilla Wafers	**Labor Day Meal** Hamburger Lettuce│Tomato│Pickle│Onion Crinkle Cut Fries Hamburger Bun Peach Crisp Milk Mustard │Ketchup Diet - Peaches
8	**9**	**11**
Salisbury Steak Mashed Potato w/Gravy Green Peas Mixed Green Salad Dinner Roll Seasonal Fruit Banana Pudding Milk Margarine Ranch Salad Dressing	Teriyaki Chicken Jasmine Rice Japanese Vegetable Blend Napa Cabbage Dinner Roll Citrus Fruit Cup Milk Margarine	Country Fried Steak Country Gravy Mashed Potatoes Mixed Vegetables Mixed Green Salad Wheat Roll Seasonal Fruit Milk Margarine Ranch Salad Dressing
15	**16**	**18**
Breaded Chicken w/Cordon Bleu Sauce Rice Pilaf Green Beans Parslied Carrots Wheat Bread Tropical Fruit Milk	Sloppy Joe Tater Tots Coleslaw Hamburger Bun Hot Spiced Fruit Baked Cookie Milk Ketchup	Homemade Meatloaf w/Brown Gravy Mashed Potatoes Creamed Peas Mixed Green Salad Dinner Roll Pineapple Milk Margarine Ranch Salad Dressing
22	**23**	**25**
Italian Meatballs w/Tomato Garlic Sauce Penne Pasta Key Largo Vegetable Blend Three Bean Salad Dinner Roll Sliced Pears Milk Margarine	Honey Lime Chicken Garlic Rice Cabbage and Carrots Dinner Roll Seasonal Fruit Milk Margarine	Hot Open-Face Turkey Sandwich Mashed Potato w/Gravy Green Beans w/Onions Mixed Green Salad Texas Toast Tropical Fruit Ambrosia Milk Ranch Salad Dressing
29	**30**	
Hawaiian Chicken Haystack White Rice Chow Mein Noodles Oriental Vegetable Blend Pineapple Tidbits Milk	Pot Roast Beef w/Brown Gravy Mashed Potatoes Peas & Carrots Mixed Green Salad Dinner Roll Seasonal Fruit Milk Margarine Ranch Salad Dressing	A suggested donation of $3.00 is requested from seniors 60 and older. Persons under 60 can enjoy a meal for $7.00 Milk and Bread served with all meals. Follow Us on Facebook @triocommunitymeals.com