

SEPTEMBER 2020

Murfreesboro Senior Activity Center

Menu

Mon	Tue	Wed	Thu	Fri
	1 BLT CHEESE SANDWICH BAKED RIDGED CHIPS MELON IN SEASON COOKIE	2 ROAST TURKEY POULTRY GRAVY MASHED POTATOES GREEN BEANS SF DINNER ROLL BANANA SPLIT DESSERT	3	4
7 CLOSED FOR LABOR DAY	8 STUFFED PEPPER CASSEROLE TOSSED SALAD W/DT DRESSING TEXAS TOAST MARGARINE FRESH ORANGE	9 BAKED CHICKEN SWEET POTATO GREEN BEANS WHOLE WHEAT ROLL / BREAD MARGARINE BANANA PUDDING	10 TUNA SALAD ON WHEAT LETTUCE & TOMATO AMBROSIA DELUXE COOKIE	11
14 HAMBURGER ON BUN BAKED STEAK FRIES LETTUCE & TOMATO CHILLED PEACHES	15 BAKED ZITI & MEAT SAUCE GREEN PEAS SF TOSSED SALAD W/DT DRESSING GARLIC BREAD BROWNIE	16 ORANGE BAKED CHICKEN RICE SPINACH SF WHEAT ROLL ANGEL FOOD CAKE STRAWBERRIES W/WHIPPED TOPPING	17 MONTHLY COMMODITIES	18
21 BREADED PORK CHOP PURPLE HULL PEAS CORNBREAD COOKIE	22 TURKEY CHEF SALAD BAKED POTATO CRACKERS DRESSING OF CHOICE FRESH FRUIT CUP CROCK BEEF STEW	23 (FREE MENU) FRIED FISH PINTO BEANS COLE SLAW HUSHPUDDIES PEACH COBBLER	24	25
28 SLICED HAM AMERICAN FRIED POTATOES SEASONED CABBAGE SF CORN BREAD FRESH FRUIT CUP COOKIE CROCK VEGETABLE BEEF SOUP	29 GLAZED MEATLOAF MASHED POTATOES MIXED VEGETABLES WHOLE WHEAT ROLL / BREAD PINEAPPLE UPSIDE CAKE	30 BBQ CHICKEN CORN ON COB POTATO SALAD SF WHOLE WHEAT ROLL / BREAD BREAD PUDDING W/LEMON SAUCE		

*Open Monday/Tuesday and Friday 8:00am – 4D:00pm

*Lunch served at 11:30am with skim milk, coffee, tea or water

*Transportation available

Center phone: 870-285-2312

Site Manager: Vickie Hutson