

SEPTEMBER 2010 Menu

Western Clinton County Senior Services (WCCSS) 520 North Main Street, Trenton, IL 62293, Ph 618-224-9913

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT/SUN
	Chef Salads are offered Daily	1 Hamburger Deluxe Baked Beans Pasta Salad Angel Food Cake	2 Fried Chicken Mashed Potatoes Cauliflower and Broccoli Biscuit Peaches	3 Bow Tie Pasta with Chicken w/veggies Romaine Salad w/beans 5-Cup Salad Applesauce Bars	4/5 Call For Reservations Before 9:00am
6 LABOR DAY CLOSED	7 Beef Stroganoff Glazed Carrots Sweet & Sour Beets Pudding Dinner Roll	8 Ham N Beans Corn Bread Cole Slaw Grapes Jell-O with Fruit	9 Chicken Parmesan Alfredo Noodles Broccoli Garlic Toast Brownies	10 BBQ Pork on Bun Cole Slaw Potato Salad Banana Baked Beans	11/12 Leave Message On The Machine
13 Polish Sausage Sauerkraut Mashed Potatoes Sliced Tomatoes Tropical Fruit Salad	14 Pepper Steak Rice Asian Veggies Mandarin Oranges Fruit Muffin	15 Fried Chicken Baked Potato Brussels Sprout Romaine Salad Apple Cake	16 Grilled Ck Sand. With lettuce/tomato Sweet Potato Fries Greek Salad Birthday Cake	17 BBQ Pork Steaks Roasted Potatoes Kidney Bean Salad Goopy Butter Cake Fresh Fruit Salad	18/19 Suggested Donation \$4.00
20 Biscuit & Gravy Sausage Hash Browns Coffee Cake Cantaloupe	21 Roast Pork Mashed Potatoes/gravy Glazed Carrots Dinner Roll Apricots	22 Beef Stew w/beans Stew Veggies Romaine Salad Biscuit Banana Pudding	23 Baked Chicken Broccoli & Rice Casserole Lima Beans Cake with Fruit	24 Cod Pub Chips Cole Slaw Baked Beans Peaches	25/26 Meals Include 2% Milk Bread and Margarine
27 Broccoli Soup Ck Salad Sand. Carrots & Celery Sticks Fruit Juice	28 Salmon Patties Mac N Cheese Stewed Tomatoes Butter Beans Rice Krispie Treat	29 Lasagna Romaine Salad Bread Stick Steamed Broccoli Cinnamon Apples	30 Fried Chicken Mashed Potatoes/gravy 3-Bean Salad Warm Pears Chocolate Mousse	Bring a Friend!!!!	Check us out at www.wccss.org

Funding for WCCSS is received from the United States Administration on Aging, the Illinois Department on Aging and the Area Agency on Aging of Southwestern Illinois. WCCSS does not discriminate in admission to programs or activities or treatment of employment in program or activities in compliance with appropriate State and Federal Statutes. If you feel you have been discriminated against, you have a right to file a complaint with the Area Agency on Aging by calling 618-222-2561

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