


SEPTEMBER 2022 | YST ELDERLY MEALS

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Chicken Noodle Soup Ham salad Sandwiches Cranberry Juice Orange	2 No Meals
5 NO MEALS	6 Taco salad Mexicali corn Seasonal Fruit	7 Chicken Breast Rice Pilaf Oriental Veggies Pears	8 Philly Steak Sandwich Oven Roasted Potatoes Corn Rice Crispy Bars	9 Sub Sandwich Chips Cookie Apple
12 Chicken Cordon Blue Rice Pilaf Mixed Veggies Jell-O	13 Pork Chop Company Potatoes Green Beans Orange	14 Hot beef Sandwiches Mashed Potatoes Carrots Peaches	15 Ham Scalloped Potatoes Vegetable Chocolate cake	16 Vegetable Beef Soup Ham Sandwich Orange Juice
19 Hamburger Mac-n-cheese Toss Salad/Dressing Mandarin Oranges	20 Salisbury Steak Mashed Potatoes Green beans Pears	21 Burrito Spanish Rice Vegetable Cake	22 Meatloaf Mashed Potatoes/Gravy Mixed Vegetables Fruit Salad	23 Chicken and Rice Soup Turkey Sandwich Muffin Apple Juice
26 BBQ Ribs Baked Potato Carrots Tropical Fruit	27 Swedish Meatballs Noodles Vegetables Strawberry Applesauce	28 Chicken Breast Oven Roasted Potatoes Corn Pineapple	29 Pork Chops Scalloped Potatoes Peas Fruit Salad	30 Potato & Ham Soup Egg Salad Sandwich Donut Orange