



<b>CLOVERDALE SENIOR DINING ROOM</b> <b>AT THE CLOVERDALE SENIOR CENTER</b> 311 North Main Street <b>894-4826</b> Make reservations at least one day in advance. En espanol: 525-0143 x 127 Office: 525-0383				<b>SENIOR MEALS</b> <b>SEPTEMBER 2010</b> It costs \$ 6.50 to produce each meal. A \$ 4.00 donation per meal is suggested, but any amount is appreciated.	
<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>	
		1 TURKEY MEATLOAF MASHED POTATOES GREEN BEANS PINEAPPLE TIDBITS GRAHAM CRACKERS	2 GARLIC CHICKEN CREAMY POLENTA BRUSSEL SPROUTS WHOLE WHEAT ROLL SEASONAL FRUIT	3 MEATBALL STROGANOFF ROTELLI PASTA SCANDI BLEND VEG CAESAR SALAD SEASONAL FRUIT	
<b>LABOR DAY</b>  <b>KITCHEN CLOSED</b> 6	7 ♦ <b>SUMMER CELEBRATION</b> HOT DOG & BAKED BEANS FIESTA CORN WHEAT ROLL POTATO SALAD FRESH PEACH <i>HIGHER SODIUM &amp; FAT MEAL</i>	8 BAKED FISH ALA MUSHROOM CREAMY POLENTA SPINACH APRICOT HALVES OATMEAL COOKIE#	9 TERIYAKI BEEF PATTY BROWN RICE BROCCOLI NORMANDY SEASONAL FRUIT APPLE JUICE	10 VEGETABLE FRITTATA FRENCH BREAD CARROTS MANDARIN ORANGES GRAHAM CRACKER	
13 MEATBALLS & GRAVY ROTELLI PASTA CAPRI BLEND VEG DICED PEACHES ORANGE JUICE	14 SWEET & SOUR PORK BROWN RICE ASIAN BLEND VEG CHINESE SLAW SEASONAL FRUIT	15 ♦ <b>ORIENTAL CHICKEN SALAD</b> CARROT-RAISIN SALAD WHOLE WHEAT ROLL FRUIT COCKTAIL PINEAPPLE JUICE	16 VEG LASAGNA ITALIAN BLEND VEG FRENCH BREAD DICED PEARS FIG NEWTON#	17 CHICKEN TETRAZZINI SWISS CHARD WHOLE WHEAT ROLL CAESAR SALAD SEASONAL FRUIT	
20 CHICKEN CHOW MEIN BROWN RICE ORIENTAL VEGETABLES PLUMS (IN JUICE) PINEAPPLE/ORG JUICE	21 ♦ <b>SAVORY MEATLOAF</b> MASHED POTATOES OREGON BEAN MEDLEY WHEAT ROLL SEASONAL FRUIT	22 HERB TOPPED FISH RICE PILAF BROCCOLI NORMANDY SEASONAL FRUIT CHOC PUDDING #	23 CHICKEN ADOBO CREAMY POLENTA BRUSSEL SPROUTS FRUIT IN JELLO# GRAHAM CRACKERS	24 SLOPPY JOE on WHEAT BUN CORN & BLACK BEANS COLESLAW SEASONAL FRUIT	
27 SALISBURY STEAK MASHED POTATOES PEAS & CARROTS WHOLE WHEAT BREAD MANDARIN ORANGES	28 CHICKEN MARSALA SWISS CHARD WHEAT ROLL FRUIT COCKTAIL LEMON PUDDING#	29 ♦ <b>BAKED SPAG &amp; CHEESE</b> ITALIAN BLEND VEG FRENCH BREAD CAESAR SALAD SEASONAL FRUIT	30 CHICKEN & RICE CASSEROLE MIXED VEGETABLES WHEAT ROLL APRICOT HALVES CHOC CHIP COOKIE#	♦ = this complete meal contains between 1000-1200 mg of sodium. Average sodium content of all other meals is ~800mg. # = Concentrated sweets substituted for diabetic meals	
For answers to your nutrition questions: call Council On Aging's Dietitian, Sharon Spratling, RD at 525-0143, ext. 133 (Mon. - Fri.)					

**Council on Aging**


**SENIOR DINING SITE AT THE CLOVERDALE SENIOR CENTER**

Lunch:  
 Monday-Thursday 12 noon  
 \$4.00 suggested donation

Brunch:  
 Friday 12 noon  
 \$5.00 suggested donation

Reservations 894-4826



Call 894-4826 for reservations En espanol: 525-0143 x 127 A \$5.00 donation is suggested.				<b>FRIDAY BRUNCH</b> <b>SEPTEMBER 2010</b> Served from 11:30 am to 12:30 pm	
<b>SEPTEMBER 3</b>	<b>SEPTEMBER 10</b>	<b>SEPTEMBER 17</b>	<b>SEPTEMBER 24</b>		
<b>ENTREE:</b> CHOICE OF ONE Scrambled Eggs & Chives Or Buttermilk Waffles <b>SIDE DISH</b> Caesar Salad <b>BREAD</b> Cranberry Scones Served with butter <b>DESSERT</b> Seasonal Fruit <b>BEVERAGES</b> Orange Juice Milk Coffee Tea	<b>ENTREE:</b> CHOICE OF ONE Vegetable Frittata Or Sourdough Pancakes w/ Warm, Peaches <b>SIDE DISH</b> Spring Greens w/ Vinaigrette <b>BREAD</b> French Bread Served with butter <b>DESSERT</b> Mandarin Oranges <b>BEVERAGES</b> Pineapple Juice Milk Coffee Tea	<b>ENTREE:</b> Handmade Burgers With Choice of Lettuce, Tomato and Cheese <b>SIDE DISH</b> Mixed Bean Salad <b>BREAD</b> Wheat Bun <b>DESSERT</b> Seasonal Fruit <b>BEVERAGES</b> Orange Juice Milk Coffee Tea	<b>ENTREE:</b> CHOICE OF ONE Scrambled Eggs & Chives Or Crepes with Blueberry Filling <b>SIDE DISH</b> Spinach & Artichoke Pasta Salad <b>BREAD</b> Banana Muffin Served with butter <b>DESSERT</b> Seasonal Fruit <b>BEVERAGES</b> Tomato Juice Milk Coffee Tea		
For seniors 60 years of age and older and their spouses and caregivers under 60 years of age.					