

Lunch Served Daily at 12PM
 Monday-Friday
 3 Day Reservation Required
 Menu Changes May Occur Without Prior Notice

OCONEE COUNTY SENIOR CENTER
3500B Hog Mountain Rd Watkinsville
(706) 769-3979

September 2019

Monday

Tuesday

Wednesday

Thursday

Friday

2

CLOSED

3 Holiday Meal

BBQ/Stew
 Coleslaw
 1 Bag LS Chips
 Dessert
 Tea/Lemonade
 Milk/Milk Substitute

4 Grilled Chicken Sandwich

Lettuce & Tomato
 4 oz. Marinated 5 Bean Salad
 Sweet Potato Wedges
 Banana
 Milk/Milk Substitute

5 1 Slice Cheese Pizza

4 oz. Mixed Green Spinach Salad
 1 oz. Light dressing
 Graham Crackers
 Apple Slices
 Milk/Milk Substitute

6 Chicken Tenders

4 oz. Steamed Broccoli
 4 oz. Potato Salad
 4 oz. Fruit Cocktail
 Milk/Milk Substitute

9 Chicken Fajita

Shredded Lettuce/Diced
 Tomatoes
 4 oz. Refried Beans
 4 oz. Fresh Fruit Salad
 Milk/Milk Substitute

10 Glazed Baked Tilapia

4 oz. Pasta Salad
 w/Spinach & Tomatoes
 4 oz. Roasted Asparagus Parmesan
 4 oz. Peaches
 Milk/Milk Substitute

11 ¼ lb. Hamburger on WW Bun

4 oz. Baked Beans
 Sweet Potato Wedges
 4 oz. Tropical Fruit Salad
 Milk/Milk Substitute

12 Homemade Meatloaf

4 oz. Mashed Potatoes
 4 oz. Green Beans
 W/W Dinner Roll/Margarine
 Melon Slices
 Milk/Milk Substitute

13 Pastrami & Cheese on WW

Lettuce, Tomato & Pickle Spear
 Mango Broccoli Salad
 Watermelon Slice
 Milk/Milk Substitute

16 Orange Chicken

4 oz. Roasted Cabbage
 4 oz. Asian Stir Fry Vegetables
 4oz. Pineapple Tidbits
 Milk/Milk Substitute

17 Beef Chili

4 oz. Brown Rice
 4 oz. Steamed Mixed Vegetables
 4 oz. Peaches
 Graham Crackers
 Milk/Milk Substitute

18 Sloppy Joes on WW Bun

4 oz. Crinkle Cut Fries
 4 oz. Tomato Cucumber Salad
 Banana
 Milk/Milk Substitute

19 Vegetable Soup

4 oz. Mixed Green Spinach Salad
 1 oz. Light Dressing
 W/W Dinner Roll/Margarine
 4 oz. Tropical Fruit Salad
 Milk/Milk Substitute

20 Lemon Dill Baked Cod

4 oz. Brussel Sprouts
 4 oz. Parslied Baby Carrots
 4 oz. Fresh Fruit Salad
 Milk/Milk Substitute

23 Mustard Glazed Salmon

Baked Sweet Potato
 4 oz. Marinated Vegetable Salad
 Banana
 Milk/Milk Substitute

24 Baked Pork Chop

4 oz. Green Beans
 4 oz. Harvard Beets
 W/W Dinner Roll/Margarine
 4 oz. Unsweetened Applesauce
 Milk/Milk Substitute

25 Beef Hotdog on WW Bun

4 oz. Coleslaw
 4 oz. Whole Kernel Corn
 Melon Slice
 Milk/Milk Substitute

26 Luau Meal

Hawaiian Chicken
 4 oz. Brown Rice
 4 oz. Steamed Broccoli
 4 oz. Fruit Salad
 Milk/Milk Substitute

27 Tomato Bisque Soup

Toasted Cheese WW Sandwich
 4 oz. Mixed Green Spinach Salad
 1 oz. Light Dressing
 4 oz. Pears
 Milk/Milk Substitute

30 Beef Taco

Whole Wheat Tortilla
 Shredded Lettuce, Diced Tomato
 1 oz. Sour Cream & Cheese
 4 oz. Refried Beans
 Melon Slice
 Milk/Milk Substitute

Alternate Entrée: Turkey/Cheese Sandwich on Whole Wheat Bread. Please make your lunch reservations and requests for the Alternate Entrée three (3) days in advance. Use the Pink Tickets located at the donation box near the kitchen window to place your order for the Alternate Entrée.