

**ANTELOPE VALLEY SENIOR CENTER (530) 495-2323**  
**September 2017**

**\*\* Please call 24 hrs in advance to reserve your meal\*\***  
*Substitutions May Occur*

Monday	Tuesday	Wednesday	Thursday	Friday
				<b>1</b> Cheeseburger Fries Ultimate Beet Salad Strawberries w/Vanilla Pudding
 <b>4</b>	<b>5</b> Mac N Cheese w/Ham Irish Soda Bread Brussel Sprouts Mango w/Cream	<b>6</b> BBQ Pork Ribs Scalloped Potatoes Hawaiian Roll Coleslaw Watermelon	<b>7</b> Chicken Alfredo Herb Roll Oriental Salad Pineapple	<b>8</b> <b>BINGO</b> Taco Casserole Mexican Rice Green Salad Grapes
<b>11</b> Turkey Salad on Pita Tomato/Garbanzo Salad Fresh Banana Chocolate Chip Cookie	<b>12</b> Beef Stir Fry Rice Carrot Salad Mandarin Orange Banana Bread	<b>13</b> <b>Lunch Presentation:</b> <b>Lambert Funeral Home &amp; Mono County Sheriff</b> Baked Chicken Roasted Potato 3 Bean Salad on Greens Bran Muffin Peaches	<b>14</b> Stuffed Peppers Beans Honey Wheat Biscuit Mixed Veggies Cantaloupe	<b>15</b> Baked Salmon Rice Risotto Malibu Veggies Apricot Zucchini Muffin
<b>18</b> Tuna Sandwich Chips Cactus Salad Pears	<b>19</b> Meat Lasagna Garlic Bread Italian Veggies Blueberries w/Yogurt	<b>20</b> <b>BIRTHDAY PARTY</b> Chicken Fried Steak w/gravy Mashed Potatoes Hawaiian Roll Broccoli Salad Bananas & Strawberries w/cake	<b>21</b> Chicken w/ Avocado and Pineapple Salad Blueberry Muffin	<b>22</b> <b>BINGO</b> Lemon Tilapia Herb Noodle Cheddar Biscuit Tuscan Veggies Kiwi and Pineapple
<b>25</b> Meat Spaghetti Herb Roll Broccoli Peaches w/ Cottage Cheese	<b>26</b> Baked Cod Wild Rice Green Salad Fresh Orange	<b>27</b> <b>Lunch Presentation:</b> <b>Inyo County Ombudsman</b> Shepherd Pie Sugar Snap Peas Corn Bread Tropical Fruit	<b>28</b> Orange Chicken Brown Rice Oriental Veggies Fruit Cocktail	<b>29</b> <b>Herb Making Class</b> Salisbury Steak Mashed Potatoes w/gravy Wheat Biscuit Mixed Veggies Mixed Berries w/Cream

**Suggested Donation for Seniors Dining-In is \$ 2.00 per meal. Fixed fee for Non-Senior or any order packed "TO GO" is \$ 4.50 per meal.**