




September Menu 2010

Beacon Activity Center 415 South 13th Street

Center phone # 591-5083
Meal information # 591-5084

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p>*Starred items are Menu Enhancements provided by the City of Tacoma Senior Services (over and above 1/3 RDA menu)</p>		<p>1 Appetizer: Beef Barley Soup Caesar Salad Fruit, Roll Dessert: Cookie*</p>	<p>2 Appetizer: Chicken Noodle Soup* Mesquite Chicken Roasted Potatoes, Broccoli Cornbread Dessert: Mixed Fruit</p>	<p>3 Appetizer: Ivar's Clam Chowder 1/2 Turkey Sandwich Coleslaw Dessert: Melon Medley</p>
<p>6</p> <p>CENTER & MEAL SITE CLOSED TODAY</p>	<p>7 Appetizer: Fruit Juice Fruit Pancake Scrambled Egg Vegetable Sausage Dessert: Applesauce*</p>	<p>8 Appetizer: Cream of Mushroom Soup 1/2 Chicken Salad Sandwich Dessert: Fruit</p>	<p>9 Appetizer: Green Salad* Healthy Baked Fish Roasted Potato, Stewed Zucchini Roll Dessert: Fruit Crisp</p>	<p>10 Appetizer: Claremont Salad Cheeseburger Sweet Potato Fries Dessert: Fruit</p>
<p>13 Appetizer: Cottage Cheese w/ Pineapple* Vegetable Lasagna Italian Vegetables, Garlic Breadstick Dessert: Fruit</p>	<p>14 Appetizer: Waldorf Salad Roast Turkey Mashed Potatoes, Vegetable Blend Roll Dessert: Lemon Bar*</p>	<p>15 Appetizer: Navy Bean Soup 1/2 Ham Sandwich Fruit Dessert: Ice Cream</p>	<p>16 BIRTHDAY LUNCH Appetizer: Pineapple w/Coconut Broccoli Chicken Rice, Asian Vegetables Dessert: Birthday Cake provided by People's Retirement Center</p>	<p>17 Appetizer: Carrot Coleslaw Homemade Beef Stew Biscuit Dessert: Peaches w/Pudding</p>
<p>20 Appetizer: Cran-Apple Salad* Chicken Salad Casserole Beets, Breadstick Dessert: Pudding w/Fruit</p>	<p>21 Appetizer: Tomato Florentine Soup* Meatball Sub Green Pea Salad Dessert: Fruit</p>	<p>22 Appetizer: Corn Chowder Broccoli Fish Scandinavian Vegetable, Roll Dessert: Fruit</p>	<p>23 Appetizer: Fruit Hawaiian Pizza Green Salad Dessert: Brownie*</p>	<p>24 Appetizer: Spinach Salad* Turkey a la King Mixed Vegetable, Biscuit Dessert: Tropical Fruit</p>
<p>27 Appetizer: Broccoli Apple Salad* Meatloaf Baked Potatoes, Mixed Veggies, Roll Dessert: Fruit</p>	<p>28 Appetizer: Spinach Salad Orange Glazed Fish on a Bun Macaroni Salad Dessert: Fruit</p>	<p>29 Appetizer: Chicken Noodle Soup Chef Salad Fruit, Roll Dessert: Chocolate Pudding*</p>	<p>30 Appetizer: Russian Carrot Salad* Roast Beef Mashed Potatoes, Vegetable Blend, Roll Dessert: Baked Banana</p>	 <p>1/3 RDA Menu provided By Catholic Community Services</p>

Nutrition analysis includes 1% milk. (Butter is optional and increases the fat content of the menu.) This Menu is subject to change. Consuming raw or undercooked eggs, meat, seafood, and unpasteurized milk and juices may increase your risk of food borne illness.