





SEPTEMBER 2010



Monday	Tuesday	Wednesday	Thursday	Friday
		1 CHICKEN TETRAZINI BROCCOLI BREAD PEAR	2 CHOPPED STEAK MASHED POTATOES WINTERBLEND BREAD BANANA	3 FISH RICE MIXED VEGETABLES BREAD ORANGES
6 LABOR DAY	7 SWISS STEAK NOODLES MIXED VEGETABLE BREAD PEARS	8 TACOS SPANISH RICE PINTO BEANS ORANGE	9 BAKED CHICKEN NOODLES BROCCOLI BREAD APPLE SAUCE	10 MEAT BALLS MASHED POTATOES MIXED VEGETABLES BREAD PEARS
13 PORK PATTY MACARONI/CHEESE SPINACH BREAD APPLES	14 KING RANCH CHICKEN RICE PEAS & CARROTS BREAD BANNA	15 BAKED HAM SWEET RICE BROCCOLI BREAD ORANGES	16 BEEF FAJITAS SPANISH RICE PINTO BEANS FLOUR TORTILLAS APPLES	17 B.B.Q BEEF ON BUN OVEN FRIED POTATOE GREEN BEANS PEARS
20 TURKEY A-LA KING BUTTERED NOODLES CARROTS BREAD ORANGES	21 SPAGHETTI W/ MEAT SAUCE GREEN BEANS BREAD APPLE	22 BAKED CHICKEN RICE BEET BREAD BANANAS	23 COUNTRY FRIED STEAK MASHED POTATOES CARROTS BREAD, PEARS	24 BAKED FISH RICE BRUSSELS SPROUTS BREAD APPLES
27 MEATBALLS MASHED POTATOES SEASONED PEAS BREAD PEARS	28 TURKEY CHILI SPANISH RICE SQUASH BREAD ORANGES	29 PORK RIBBLET NOODLES GREEN BEANS BREAD APPLES	30 ROAST BEEF SCALLOPED CARROTS BREAD BANANAS	

COMAL COUNTY SENIOR CITIZENS' FOUNDATION

* I certify that this menu provides 1/3 Recommended Daily Allowance

* Meals served from 11:30 to 12:30

Menu subject to Change

