



The McKissick Center
FOR SENIOR WELLNESS

September 2024

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
CLOSED FOR HOLIDAY		Sweet & Sour Chicken over Rice, Squash Oriental Vegetables Egg Roll, Mandarin Oranges Milk		Ham Potato Au Gratin Corn, Sliced Tomatoes Fruit Crisp Roll		Chef Salad w/ Dressing Grape Salad Cheese Cubes Crackers Juice		Meatloaf Mashed Potatoes Tomatoes & Okra Cornbread Fresh Fruit, Milk	
Pork Medallions in Cream Sauce w/ Orzo Brussel Sprouts Navy Beans, Roll Pudding, Fruit Juice		Turkey & Swiss Wrap w/ Lettuce, Tomato, & Mayo Broccoli Salad Red/Orange Pepper Slices Fresh Fruit, Milk		Herb Roasted Chicken Mashed Potatoes Squash & Zucchini Fresh Fruit, Yogurt		Lasagna Green Beans Tossed Salad w/ Dressing Fresh Fruit, Garlic Bread Milk		Cranberry Chicken Salad Fresh Spinach Cucumber & Tomato Slices Fruit Cocktail Crackers, Chocolate Milk	
Keilbasa w/ Sauerkraut Roasted Red Potatoes Black Eye Peas Fruit Cup, Roll Milk		Beef Tacos w/ Pico de Gallo Spanish Rice Mixed Greens Pudding Fruit		Pancakes w/ Syrup Sausage Cream Spinach Warm Fruit Salad Milk		Hawaiian Chicken Sliders Baked Sweet Potato Spiced Fruit Milk		Ham & Pea Salad Pasta Salad Beets Crackers, Yogurt Fresh Fruit	
Cheese Ravioli w/ Meat Sauce Broccoli, Cauliflower Garlic Bread Applesauce Juice		Oven Fried Chicken Squash Casserole Lima Beans Roll, Fruit Cup, Milk		Turkey Salad on Croissant Spinach Salad w/ Ranch Fresh Fruit Yogurt		Baked Pork Chop Rice w/ Mushroom Gravy Mixed Greens Butternut Squash, Roll, Fresh Fruit, Milk		Hot Dog w/Chili Black Eye Pea Salad Carrot Slaw Banana Pudding Juice	
BBQ on Bun Baked Beans Cole Slaw Fruit Cup Milk									

Menu items are subject to change due to availability