

September 2020		Dardanelle Senior Center			Congregate Menu
Monday	Tuesday	Wednesday	Thursday	Friday	
	1 Beef Liver & Onions Or Salisbury Steak Mashed Potatoes/ Gravy English Peas Wheat Roll Banana Pudding	2 Homemade Meatloaf Mashed Potatoes/ Gravy Sweet Corn Wheat Roll Strawberries & Cream	3 Breaded Chicken Sandwich Lettuce/ Tomato Potato Soup Crackers Peach Cobbler	4 Beef Taco Salad Sour cream/ Guacamole Chili Beans Tortilla Chips & Dip Snickerdoodle Cookie	
7 Closed For Labor Day	8 Chicken Fried Steak Mashed Potatoes Country Gravy Antigua Vegetables Wheat Roll Peaches & Cream	9 Chili Dogs On A Bun Baked Beans Jo Jo Potato Wedges Orange Sherbet	10 Pinto Beans W/ Ham Turnip Greens Cornbread Chocolate Cake	11 Grilled Chicken Salad Broccoli Cheese Soup Garlic Bread Spiced Apples	
14 Oven Fried Chicken Loaded Mashed Potatoes Chicken Gravy Mixed Vegetables Fluffy Biscuit Tinted Pears	15 Breaded Cod Wedge Or Breaded Chicken Filet Over Garden Blend Rice Buttery Carrots Wheat Roll Lemon Cake	16 Spaghetti W/ Meat sauce Green Beans W/ Onion Garlic Cheese Biscuits Fruit Cocktail	17 Ham & Cheese Loaded Baked Potato Sautéed Broccoli Wheat Roll Vanilla Pudding	18 Tender Pork Roast Mashed Potatoes/ Gravy Peas & Carrots Wheat Roll Applesauce Cake	
21 Baked Ham Loaded Sweet Potato Black Eyed Peas Cornbread Butterscotch Pudding	22 Cheeseburger Lettuce/ Tom/ Pickle Macaroni Salad Coleslaw Deluxe Fruit Salad	23 Chicken parmesan Over Linguine Pasta Italian Green Beans Garlic Roll Pineapple Tidbits	24 Homemade Meatloaf Au gratin Potatoes Bermuda Vegetables Wheat Roll Applesauce Cake	25 Bacon, Egg And Cheese Casserole Diced Hash browns Biscuit & Gravy Assorted Juice	
28 Chicken Strips or Chicken Livers Mashed Potatoes/ Gravy Vegetable Blend Wheat Roll Golden Fruit	29 Turkey & Dressing Homemade Gravy Green Beans White Roll Pumpkin Cake	30 Chicken Spaghetti Side Salad Garlic Cheese Biscuits Apple Cobbler		To Order A Lunch Please Call Our Center By 11:00am (479) 229-4129 Thank You	