

September 2021		Dardanelle Senior Activity Center			Congregate Menu
Monday	Tuesday	Wednesday	Thursday	Friday	
		1 Shepherd's Pie Broccoli Sauté Wheat Roll Apple Crisp	2 Spaghetti with Meat Sauce Italian Green Beans Garlic Roll Ambrosia	3 Cheeseburger on a Bun Lettuce, Tomato, Pickle, Onion Onion Rings Baked Beans 2 Cookies and Pears	
6 	7 Loaded Potato Soup Grilled Ham & Cheese on Wheat Side Salad Crackers Peach Cobbler	8 Homemade Beef Stew Turnip Greens Cornbread Golden Fruit Cup	9 Deana's Meatloaf Mashed Potatoes Brown Gravy Seasoned Green Beans Jell-O w/ Fruit	10 Taco Salad Refried Beans Tortilla Chips Cheese Dip Cheesecake	
13 Chicken Tenders or Breaded Chicken Livers Mashed Potatoes Country Gravy Candied Carrots Wheat Roll Applesauce	14 Chili Dog on a Bun w/ Onions and Cheese or Chili-Cheese Fries Confetti Coleslaw Banana Cake	15 2 Salmon Patties or Smoked Sausage Scalloped Potatoes California Vegetables Wheat Roll Orange Sherbet	16 Beef Taco Soup ½ Cheese Quesadilla Lettuce & Tomato Tortilla Chips Apple Fried Pie w/ Ice Cream	17 Chicken Fried Chicken Chicken Gravy Homemade Mac & Cheese Bermuda Vegetable Wheat Roll Strawberry Shortcake	
20 Chicken Fried Steak Mashed Potatoes Country Gravy Mixed Vegetables Wheat Roll Mandarin Oranges	21 Lemon Pepper Grilled Chicken over Buttery Noodles Roasted Vegetables Buttery Biscuit Vanilla Pudding Parfait	22 Chicken Bacon Ranch Baked Potato Broccoli w/Cheese Sauce Wheat Roll Bread Pudding	23 Cheesy Homemade Lasagna Side Salad Garlic Roll Warm Fruit Compote	24 Breakfast Bowl Hash Brown Patty Biscuit & Gravy Chocolate Gravy Orange Juice Assorted Muffins	
27 Hamburger Steak or Liver & Onions Mashed Potatoes/ Gravy Buttery Peas & Carrots Wheat Roll Tropical Fruit	28 Roast Beef Mashed Potatoes/ Gravy Cracked Green Beans White Roll Ice Cream Sandwich	29 Pinto Beans w/Ham Fried Cabbage Oven Fried Potatoes Mexican or regular Cornbread Chocolate Cake	30 Homemade Meatloaf Mashed Potatoes / Gravy Fried Okra Wheat Roll Banana Pudding	We serve Chef Salads daily with your choice of Ham, Turkey or Chicken. Call before 11 to be put on the list	