

SEPTEMBER 2013

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 LABOR DAY CLOSED	3 STUFFED CABBAGE MASHED POTATO CARROT COINS PEARS	4 CHICKEN CACCIATORE W/ONION AND PEPPER BROWN RICE GREEN BEANS PUDDING	5 BAKED FISH OF THE DAY ROASTED POTATO SPINACH BANANA	6 BEEF STEW W/POTATO & MIXED VEG JELL-O
9 STUFFED SHELLS W/TOMATO SAUCE ITALIAN BLEND ICE CREAM	10 TILAPIA SWEET POTATO GREEN BEANS CITRUS FRUIT	11 PATRIOT'S DAY MEATLOAF W/GRAVY MASHED POTATO PEAS AND CARROTS PATRIOTIC CAKE	12 CHICKEN FLORENTINE WILD RICE BROCCOLI PEACHES	13 AMERICAN CHOP SUEY CAULIFLOWER BROWNIES
16 CHICKEN TERIYAKI RICE PILAF ORIENTAL VEG VANILLA PUDDING	17 SALISBURY STEAK W/GRAVY MASHED POTATO BEETS CRUSHED PINEAPPLE	18 SPAGHETTI AND MEATBALLS TOSSED SALAD W/ DRESSING ASSORTED PIES	19 ROAST TURKEY W/GRAVY STUFFING & CRANBERRY SAUCE PEAS AND ONIONS MANDARIN ORANGES	20 TUNA SALAD SANDWICH ON WHEAT COLE SLAW APPLE
23 LEMON PEPPER FISH MASHED POTATO STEWED TOMATOS ORANGE	24 CHICKEN ALFREDO GREEN BEANS JELL-O	25 SLOPPY JOE ON A BUN ZUCCHINI BIRTHDAY CAKE	26 ROAST PORK W/GRAVY ROASTED POTATO MIXED VEG FRUIT COCKTAIL	27 CHICKEN PATTY ON BUN COLE SLAW COOKIES
30 ESTUARY BURGER ON WHEAT BUN 3 BEAN SALAD SHERBET				

(Menu subject to change without notice)

CHESTER – 29 West Main Street CLINTON – 54 East Main Street OLD SAYBROOK – 220 Main Street OLD LYME – 26 Town Woods Road
WESTBROOK – Westbrook Town Hall, Senior Center, 866 Boston Post Road, THURSDAYS ONLY
RESERVATIONS AND CANCELLATIONS NEED TO BE MADE 24 HRS IN ADVANCE BY CALLING THE ESTUARY OFFICE AT 388-1611 BEFORE 11:00A.M.
THIS MENU MEETS 1/3 RDA AND CONFORMS TO U.S. DIETARY GUIDELINES – CERTIFIED BY NANCY EASTWOOD, RD

8 oz. – 1% milk

Multi-grain breads are served with each meal unless noted above

Condiments are served as posted