



SEPTEMBER 2024

JRC ADULT DAY CARE CENTER



Monday

LABOR DAY 2
CENTER
CLOSED

Tuesday

3
Grilled Cheese
WGR Bread
Tomato Soup
Green Beans
Apple Slices / Milk

Wednesday

4
Chicken Alfredo
WG Penne Noodles
WGR Roll
Roasted Broccoli
Peaches / Milk

Thursday

5
Hot Turkey Ham
& Cheese Sandwich
WGR Bread
Pasta Salad
Applesauce / Milk

Friday

6
Johnny Marzetti
W/ Ground Beef
WG Macaroni Noodles
WGR Roll / Side Salad
Oranges / Milk

9
Shredded Potato
& Turkey Ham Casserole
WGR Bread Slice
Steamed Carrots
Pineapple / Milk

10
Baked Cod Fish
W/ Lemon Cream Sauce
Brown Rice Pilaf/ WGR Roll
Mixed Veggies /Fruit Cocktail
Milk

11
Ground Turkey Gravy
Over Mashed Potatoes
Steamed Seasoned Broccoli
WGR Bread Slice
Warm Apple Slices / Milk

12
WGR Chicken Spaghetti
Garlic Bread Stick
Italian Green Beans
Garden Salad
Oranges / Milk

13
French Onion Soup
Patty Melt on a WG Bun/
Mushrooms & Swiss Cheese
Side Salad / Pineapple
Milk

16
Tater Tot Casserole
Ground Turkey
California Blend Veggies
Oranges
Milk

17
BBQ Shredded Chicken
On a WGR Bun
WG Macaroni & Cheese
Vegetarian Baked Beans
Pears / Milk

18
JRC NEWSLETTER RECIPE
Big Mac Beef WG Wraps
Lett., Tomato, Pickle
Baked Seasoned Fries
Apple Slices / Milk

19
Cheesy Tuna Noodle
Casserole
Egg Noodles / WGR Roll
Green Beans
Applesauce / Milk

20
Turkey Pepperoni
& Pepper Pizza
WG Crust
Broccoli Bites / Side Salad
Seasonal Fruit / Milk

23
Ground Turkey Tetrazzini
WGR Roll
WG Spaghetti Noodles
California Blend Vegetables
Peaches / Milk

24
Sliced Turkey Sub
W / Lett, Tomato & Cheese
WGR Bun/ Hash Browns
Fruit Salad
Milk

25
Chicken Pot Pie Pasta
Skillet w/ Rotini Noodles
WGR Bread
Broccoli & Carrots
Pears / Milk

26
Chili Beef Mac
WG Macaroni Noodles
WGR Roll/ Crackers
Green Beans
Cinnamon Applesauce / Milk

27
Chicken Cheese
WG Tortilla Bake
WG Brown Spanish Rice
Sautéed Peppers
Apple Crisp /Milk

30
Ground Beef
Cheeseburger
w/ Lett, Tomato / WGR Bun
Hash Brown / Oranges
Milk

Alternative Lunch Menu
Includes:

WGR Cheese Sandwich or
WGR Cold Cut Sandwich,
W/ Pepper Slices or Fruit



This Institution is an equal
Opportunity Employer

Milk – 8oz.
Meat/Meat Alternate – 2 oz.
Fruits/Vegetables – ½ cup
Soup – 8 oz. Yogurt -8 oz.

HM = Homemade
WGR = Whole Grain Rich