



SEPTEMBER MENU 2017

Friday September 1 st	Baked or fried fish, French fries, cole slaw
Monday September 4 th	Diner closed for Labor Day
Tuesday September 5 th	Salmon croquettes, steamed cabbage, lima beans
Wednesday September 6 th	Macaroni & cheese, collard greens, butterbeans, tomatoes
Thursday September 7 th	Pork chop, scalloped potatoes, green peas, sliced carrots
Friday September 8 th	Fried or baked fish, butterbeans, marinated slaw
Monday September 11 th	Chicken tenders, macaroni salad, green beans
Tuesday September 12 th	Shepherd pie, steamed cabbage, fried okra
Wednesday September 13 th	Chopped beef, baked potato, roasted vegetables, fruit
Thursday September 14 th	Baked ham, turnip greens, blackeye peas, sliced tomatoes
Friday September 15 th	Fried or baked fish, green beans, cole slaw
Monday September 18 th	Spaghetti w/or without meat sauce, garden salad, fruit
Tuesday September 19 th	Cube steak, roasted vegetables, potatoes
Wednesday September 20 th	Chicken & dumplings, baby carrots, green beans
Thursday September 21 th	Taco or black bean salad, kernel corn, fruit
Friday September 22 nd	Fried or baked fish, French fries, slaw
Monday September 25 th	Beef patty w/gravy, lima beans, squash with onions
Tuesday September 26 th	Pork chop, blackeye peas, fried okra
Wednesday September 27 th	Meatloaf, green peas, mashed potatoes
Thursday September 28 th	Creamed chicken w/noodles, roasted zucchini, carrots
Friday September 29 th	Fried or baked fish, rice pilaf, green beans

At East Lake United Methodist Church
 Open Monday – Friday
 11 a.m. – 1 p.m.
 \$7.00 meals include drink and dessert