

Café September 2020 Menu

Lunch served from 11:30 AM - 1:00 PM

Please call your center the day before to make a lunch reservation for the next day.

Draper Café 385.468.3330 Midvale Café 385.468.3350 Millcreek Café 385.468.3305

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
	Ground Beef Stroganoff Beef stroganoff with Egg Noodles Green Salad Cup of Fruit	Chicken Salad Sandwich (Cold Meal) Chicken Salad on Wheat Bread Kale Salad Cup of Fruit Gelatin	Meatloaf Masked Potatoes w/ Turkey Gravy Whole Wheat Roll Green Beans Strawberries	Chicken Enchiladas Chicken Thigh served with two Corn Tortillas White Rice Black Beans Fruit Cocktail Cookie
	7	8	9	10
Labor Day Center Closed	Shepherd's Pie Cornbread Green Salad Watermelon	Tuna Sandwich (Cold Meal) Tuna Tomato & Avocado Green Salad Cup of Fruit Sherbet	Lemon & Dill Chicken Couscous Whole Wheat Roll Sautéed Kale Sliced Pears	Cilantro Pineapple Roasted Pork Jasmine Rice Fresh Fruit Gelatin
14	15	16	17	18
Lasagna Squash Applesauce Sherbet	Meatloaf Mashed Potatoes w/Turkey Gravy Wheat Roll Green Beans Strawberries	Pork Chop w/Tomato Caper Sauce Couscous Steamed Broccoli Cup of Fruit Gelatin	Tuna Noodle Casserole Green Salad Green Peas Cup of Fruit	Baked Sausage Ziti Green Salad Zucchini Cantaloupe Pudding
21	22	23	24	25
Bruschetta Chicken Jasmin Rice Corn & Green Beans Fruit Gelatin	Turkey Lasagna Alfredo Turkey with Lasagna Noodles topped w/ Alfredo Sauce Zucchini Cup of Fruit	Cheeseburger Whole Wheat Bun w/ a slice of Cheese Tater Tots Cup of Fruit Pudding	Pork Chop Wheat Roll Sweet Potato Green Beans Applesauce	BBQ Chicken Breast Quinoa w/ a side of Salsa Cup of Fruit Sherbet
28	29	30	Suggested Donation: \$4.00 Donations can be made online at https://slco.org/aging-adult-services/donation/	
Salisbury Steak Mashed Potatoes w/ Gravy Whole Wheat Roll Peas & Carrots Cup of Fruit Pudding	Garlic Ginger Chicken Thigh Boneless Chicken Thigh w/ Garlic Ginger Sauce Asian Pasta Salad Whole Wheat Roll Fresh Fruit	Tacos Ground Beef in a Flour Tortilla w/ Spanish Rice & Black Beans Cup of Fruit Cupcake		

Some items may be subject to change due to product availability | All meals served with 8 oz milk and appropriate condiments

IT PAYS TO COMPARE PLANS.



It's Medicare Open Enrollment-it's time to see if you can find:
Lower premiums, extra benefits or a plan that better fits your health needs.

Plans change every year. So can your health needs.

- Even if you are happy with your current plan, it may be changing costs, coverage, or both for 2020.
- Read the Annual Notice of Changes mailed to you by your health plan.
- Check the plan formulary—the list of covered prescription drugs—to make sure yours are covered.
- Look for plans that best meet your changing health, life, and financial needs.

Now it's time to consider your options.

This is your chance to look at all of your Medicare plan choices for the year ahead- like prescription drug plans, Medicare Advantage and supplemental (Medigap) plans.

It's worth a look.

You may find better coverage, extra benefits or lower costs. It's worth taking the time to explore your options while you can.

MEDICARE OPEN ENROLLMENT

Oct. 15 - Dec. 7

**We can help!
Call (385) 468-3200**

Our State Health Insurance Assistance Program (SHIP) team is here to offer free, unbiased Medicare counseling so you can find the right plan for your needs. Visit <https://slco.org/aging-adult-services/> for more info.