

September 2026

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
TO ORDER A MEAL OR CANCEL A MEAL, CALL 641-792-7102 DO NOT TEXT THIS NUMBER.	Lemon Baked Fish Sweet Potato Tots Cabbage, Carrots, & Onion Strawberries Opt B: Ham & Veggies Omelet	Chicken Parmesan Spaghetti Noodles Spinach Salad w/Dressing Breadstick Apricots	Beefburger on Bun Parmesan Sweet Potatoes Corn Banana	Santa Fe Chicken Salad Mandarin Oranges Fruited Yogurt Apple Crisp ALL COLD MEAL
7  CLOSED	8 Chicken Tortellini Soup Lettuce Salad Blueberries Peanut Butter Brookie	9 Sloppy Joe on Bun Cube Potatoes Mixed Vegetables Banana	10 BBQ Pulled Pork on Bun Country Trio Vegetables Banana Cherry Crisp	11 Creamy Tuna Salad Marinated Carrot Salad Tropical Fruit Lemon Bar ALL COLD MEAL
14 Goulash Broccoli Garlic Breadstick Peach Oatmeal Cookie	15 Fish Nuggets 3 Bean Salad Pineapple Coleslaw Diced Pears Opt. B: Ham & Cheese Sandwich	16 Chicken Mashed Potatoes Brussels Sprouts Strawberries Apple Crisp	17 Ham Balls Mashed Potatoes Green Beans Cottage Cheese Fruit Salad	18 1/2 Egg Sandwich Vegetable Beef Soup Crackers 24 Hour Fruit Salad Butter Pecan Cookie ALL COLD MEAL
21 Ham & Vegetable Omelet sunshine Carrots Spiced Apples Blueberry Muffin	22 Baked Fish Filet Lima Beans Dinner Roll Mixed Berries Chocolate Pudding/Topping Opt. B: Beef & Bean Burrito	23 Cranberry Glazed Pork Chop Garlic Parmesan Potatoes Normandy Blend Vegetables Peaches	24 Chef's Choice Crispy Pizza Burger Cascade Vegetables Pears Apple Cake	25 Beef & Noodles Mashed Potatoes Broccoli Peaches
28 Country Fried Steak Mashed Potatoes Sauteed Spinach w/ Onions Apricots	29 Chef's Choice Hotdog Baked Beans Chips Fruit Cup	30 Rigatoni w/ Meat Marinara Riviera Vegetables Breadstick Blush cinnamon Pears	Meals may be picked up in Newton, Colfax and Monroe if you would prefer not to have them delivered. Call 641-792-7102 to make arrangements.	MEALS ARE FUNDED BY: *JASPER COUNTY *AGING RESOURCES *CLIENT DONATIONS *ELDERLY WAIVER/MEDICAID *FUNDRAISERS *MEMORIALS

Milk offered with all meals. Whole wheat bread available upon request. All meals meet 1/3 of the Recommended Dietary Allowances (RDA) for older adults.

Stephanie Thompson