



# Meal Site Menu

# September 2016

Monday	Tuesday	Wednesday	Thursday	Friday
Downtown Rockingham Farmer's Market is now open. Saturdays at 8am & Wednesdays 8am	Do you or your loved ones have Medicare? Shiiip can help if you have questions. 1- 855- 408-1212 <a href="http://www.ncshiiip.com">www.ncshiiip.com</a>		1- Hamburger, American Cheese, Lemon & Thyme Carrots, Lettuce & Pickles, Hamburger Bun, Peach Cobbler, Ketchup, Milk	2- BBQ Chicken, Ranch Beans, Juice, Seasoned Turnip Greens, White Bread, Blueberry Cake, Milk
<b>5- Closed Labor Day</b>	6- Sloppy Joe, Whole Kernel Corn, Baked Beans, Orange Tangerine Juice, Hamburger Bun	7- Italian Sandwich, Cantaloupe, Lettuce & Tomato, Hoagie Bun, Rice Krispie Treat Bar, Milk	8- BBQ Chopped Pork, Baked Beans, Confetti Cole Slaw, Hamburger Bun, Cherry Crisp, Milk	9- Shepherd's Pie, Broccoli, Carrots, Whole Wheat Bread, LD Fudge Round, Milk
12- Sliced Ham, Pinto Beans, Steamed Spinach, Rye Bread, Juice, Oatmeal Raisin Cookie, Margarine, Milk	13- Country Meatballs, Steamed Rice, Pickled Beets, Green Beans, White Bread, Juice, Margarine, Milk	14- Chicken Salad, Macaroni Salad, Juice, Lettuce & Tomato, Whole Wheat Bread, Tropical Mixed Fruit, Milk	15- A-1 Chopped Steak, Brown Gravy, Mashed Potatoes, Mixed Vegetables, White Dinner Roll, Banana, Milk	16- Sausage w/onions & peppers, Scalloped Potatoes, Carrots, Applesauce, Hot Dog Bun, Yellow Mustard, Milk
19- Beef Patty, Pepper & Onion Gravy, Seasoned Collard Greens, Black-eyed Peas, White Bread, Pineapple Tidbits, Marg, Milk	20- Smothered Chicken, Mushroom Gravy, Mashed Potatoes, Capri Blend Vegetables, Whole Wheat Bread, Juice, Milk	21- Pork Ribblett, BBQ Sauce, Green Peas, Whipped Sweet Potatoes, Hamburger Bun, Apple, Milk	22- Turkey Salad, Macaroni Salad, Cucumber & Onion Salad, Lettuce Captain's Wafers, Peanut Butter Cookie, Milk	23- Beef Tips, Brown Gravy, Steamed Rice, Juice, Succotash, White Dinner Roll, Margarine, Milk
26- Waikiki Chicken, Rice Pilaf, Country Cottage Blend, Orange, Whole Wheat Bread, Birthday Cake, Milk	27- Ziti w/Meat sauce, Oriental Blend Vegetables, Spiced Apple Sauce, Texas Toast, Marg, Milk	28- Egg Salad, Potato Salad, Broccoli Raisin Salad, Whole Wheat Bread, Juice, Milk	29- Closed  Veteran's Lunch & Learn	30- BBQ Chicken, Ranch Beans, Juice, Seasoned Turnip Greens, White Bread, Blueberry Cake, Milk