

CALL IF EATING IN
BEFORE 9am

Suggested
Donation \$4 **(802)287-9200**

Under 60 suggested
donation of \$6

**Meals Served
12:00**

Sep-26

Tuesday		Wednesday		Thursday		Friday	
1		2		3		4	
Stuffed Pepper Casserole Garden Salad Peaches <u>Bone Builders 9:30</u>		Pork Chop Stuffing Peas & Carrots Fresh Fruit <u>Card Playing 1:00 PM</u>		Chicken Cacciatore Pasta Brussel Sprouts Pineapple <u>Bone Builders 9:30</u>		French Toast Bake Bacon Homefries Yogurt Parfait	
8		9		10		11	
Baked Chicken Mashed Sweet Potatoes Mixed Veggies Fruit Crisp <u>Bone Builders 9:30</u>		Hamburger Cole Slaw Pasta Salad Plum <u>Card Playing 1:00 PM</u>		BIRTHDAY DINNER Mac 'n Cheese Stewed Tomatoes Broccoli Oranges <u>Bone Builders 9:30</u>		VCOA Community Day Dining Room Closed Food Truck for Seniors onsite! <u>Chair Yoga 1p</u>	
15		16		17		18	
Beef Tips Over Pasta Garden Salad Fresh Fruit <u>Bone Builders 9:30</u>		Chicken & Biscuits Mashed Potatoes Broccoli Oranges <u>Card Playing 1:00 PM</u>		BBQ Ribs Cole Slaw Pasta Salad Peaches <u>Bone Builders 9:30</u>		Veggie Lasagna Garden Salad Watergate Salad <u>Chair Yoga 1p</u>	
22		23		24		25	
Chicken Cordon Bleu Casserole Garden Salad Peaches <u>Bone Builders 9:30</u>		Ham Mashed Sweet Potatoes Carrots Fruit Crisp <u>Card Playing 1:00 PM</u>		Goulash Garden Salad Fruit Salad <u>Bone Builders 9:30</u>		Roast Pork w Gravy Mashed Potatoes Green Beans Pineapple <u>Chair Yoga 1p</u>	
29		30					
Shepherd's Pie Garden Salad Yogurt Parfait <u>Bone Builders 9:30</u>		Pork Stir Fry w. Veggies Over Rice Pudding <u>Card Playing 1:00 PM</u>					

ALL MEALS INCLUDE: 1% Milk, Whole Wheat Bread, and Low Sodium Gravy. Menu is subject to change without notice due to product availability and Nutritionist. Garden Salads consist of Lettuce, Tomatoes, and peppers.