

Senior Citizen Nutrition Program **Bakersfield Senior Center Menu September 2023**
 530 4th Street, Bakersfield, California 93304

Dining Hall will be Open Monday – Thursday from 9:00 am to 3:00 pm, Friday 9:00am – 1:00pm

RESERVATIONS MUST BE MADE 24 HOURS IN ADVANCE, NO SAME DAY ORDERING

FOR RESERVATIONS CALL 661-230-5957 (NEW RESERVATION NUMBER) –

LEAVE YOUR NAME & TELEPHONE NUMBER.

*****Menus are subject to change without prior notice*****

REMEMBER IF YOU RESERVE MEALS AND CAN NOT PICK THEM UP, PLEASE CALL AND CANCEL 24 HOURS IN ADVANCE OR YOU WILL BE CHARGED FOR THE MEALS.

PLEASE FILL YOUR SLIP OUT AND RETURN IT. THE DAYS WE HAVE FISH OR RIBS, THE COST IS \$5, YOU MUST RESERVE LUNCH 48 HOURS IN ADVANCE 661-230-5957.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
28 Chicken Fried Steak And Gravy Rice, Peas Fruit	29 Stuff Baked Potato W/ Broccoli & Cheese Corn Fruit	30 Cheeseburgers Chips Fruit	31 Chicken Salad Spaghetti Fruit	1 Three Bean Chili Salad Fruit
4 LABOR DAY	5 Chicken Teriyaki Rice Fruit	6 Cabbage & Sausage Mac & Cheese Corn Bread Fruit	7 Meatballs W/ Marinara Sauce Salad Fruit	8 Turkey Ham Sandwich Chips Fruit
11 Enchiladas Spanish Rice Salad Fruit	12 Fried Chicken Greens/Black eye Peas/Cornbread Fruit	13 Cheese Factory Alfredo Garlic Bread Fruit	14 Chili Beans Cabbage Cornbread Fruit	15 Chef Salad Carrot Sticks Fruit
18 BBQ Chicken Cheezy Potatoes Broccoli Fruit	19 Red Beans & Sausage Cabbage Rice/Cornbread Fruit	20 Meatloaf & Gravy Mashed Potatoes Broccoli Fruit	21 Polish Sausage Sandwich Salad Chips 24	22 Fish & Fries Salad Fruit \$5
25 Spaghetti Broccoli Garlic Bread Fruit	26 ½ Baked Chicken Greens Mac & Cheese Cornbread/Fruit	27 Cheeseburgers Fries Fruit	28 Stuffed Baked Potato Corn Fruit	29 Chicken Salad Chips Fruit

Suggested Senior Contribution \$3.00 (60 and over)

Cost for Non-Seniors (59 and under) \$6.00

“No Eligible participant will be denied service because of a Failure or Inability to contribute.”

Nutrition Lunch Program Sponsored By KCAASD

*****SPECIAL MEALS ARE SEPARATE FROM THE SENIOR NUTRITION PROGRAM*****

Happy Birthday September

Minnie Hardy September 24th
 Katherine Horton September
 24th
 Jenett Massey September 22nd
 Joann Nunn September 29th



Carolyn Paschall September 5th
 Irma Powell September 3rd
 Ethel Sneed September 18th

Have a Blessed Birthday!
 From the Bakersfield Senior Center

REMEMBER!! If your birthday is in the month of September
 your membership must be current to participate.