**Mounds Senior Citizens’ Menu**

**SEPTEMBER 2022**

**EVERYONE WELCOME**

**Open @ 10:00 am**

**Serving @ 11:30 am**

**~~Dine-In or Carry-Out (918-827-6828)~~**

**Thur, Sept 1** - Scrambled Eggs, Sausage, Biscuit & Gravy, Dessert

**Tues, Sept 6 -**Meatloaf, Mashed Potatoes, Gravy, Veggie, Hot Roll, Dessert

**Thur, Sept 8 -**Taco Frito Salad, Chips, Dessert

**Tues, Sept 13 -**3-Cheese Ravioli, Garlic Toast, Salad, Dessert

**Thur, Sept 15 -**Navy Beans w/Ham, Mixed Greens, Cornbread, Dessert

**Tues, Sept 20 -**Smoked BBQ Beef on a Bun, Chips, Dessert

**Thur, Sept 22 -**Goulash, Green Beans, Hot Rolls, Dessert

**Tues, Sept 27 -** Chicken Fettucine Alfredo, Salad, Garlic Bread, Dessert

**Thur, Sept 29 -** Turkey & Dressing Casserole, Mashed Potatoes w/Gravy, Veggie, Roll, Dessert

**$5 per meal** includes entree, dessert & drink (water, tea or lemonade)