

Gathering Place of Cairo - September 2022  
Lunch Menu from Medina Street Vault

Sept 5	6	7	8	9
CLOSED for LABOR DAY	BBQ Chicken, Dinner Roll, Buttered Sweet Corn, Watermelon, Apple Pie, Milk	Roast Beef, Mashed Potatoes & Gravy, Green Bean Casserole, Fruit Cup, Peach Crisp, Wheat Bread, Milk <b>Cards after Lunch</b>	Baked Chicken, Oven Roasted Potato Blend, Fresh Veggie Salad, Sliced Oranges, Roll, Cake, Milk <b>Divine Desserts after lunch</b>	Spaghetti & Meatballs, Garlic Bread, Lettuce Salad, Fruit Cup, Cookie, Milk
12	13	14	15	16
Chicken Tenders, Apple Salad, Potato Salad, Dinner Roll, Pudding Dessert, Milk <b>Cards after Lunch</b>	Meatloaf, Au gratin Potatoes, Green Beans, Fruit Salad, Bread, Brownie, Milk <b>Toenail Clinic 9-3</b>	Chicken Alfredo, Garlic Breadstick, Steamed Vegetables, Fruit Cup, Cookie Bar, Milk <b>Cards after Lunch</b>	Chicken Fried Steak, Mashed Potatoes & Gravy, Corn, Melon, Pie, Milk <b>Divine Desserts after lunch</b>	Tuna and Noodles, Cheesy Vegetable Blend, Biscuit and Honey, Fruit Cup, Cookie Bar, Milk
19	20	21	22	23
Pork Tenderloin, Oven Potatoes w/ Gravy, Green Beans, Dinner Roll, Fruit Cup, Cupcake, Milk <b>Cards after Lunch</b>	Grilled Burgers, Potato Salad, Watermelon, Cucumber Slaw, Dessert, Milk	Teriyaki Pork, Rice Pilaf, Steamed Vegetables, Melon, Cake, Milk <b>Cards after Lunch Medicare Options Presentation</b>	Smoked Shredded Beef, Dinner Roll, Potato Casserole, Mixed Vegetables, Applesauce, Pudding Dessert, Milk <b>Divine Desserts after lunch</b>	Tuna Salad w/ Roll, Sliced Oranges, Marinated Veggies Salad, Cookie, Milk <b>Center CLOSED for Junk Jaunt, Meals Delivered on Thursday! Please RSVP</b>
26	27	28	29	30
Lasagna, Garlic Bread, Steamed Vegetables, Fruit Cup, Pudding Dessert, Milk <b>Cards after Lunch</b>	Chicken Salad, Dinner Roll, Vegetable Pasta Salad, Fruit Fluff, Cake, Milk	Baked Ham, Au gratin Potatoes, Green Beans, Fruit Salad, Wheat Bread, Cookie Bar, Milk <b>Cards after Lunch</b>	BBQ Meatballs, Loaded Mashed Potatoes, Steamed Vegetables, Fruit, Dinner Roll, Cake, Milk <b>Divine Desserts after lunch</b>	Tuna Salad w/ Roll, Sliced Oranges, Marinated Veggies Salad, Cookie, Milk
Oct 3	Oct 4	Oct 5	Oct 6	Oct 7
Meat Pizza, Vegetable Salad, Melon, Pudding, Milk <b>Cards after Lunch</b>	Country Fried Chicken, Mashed Potatoes & Gravy, Corn, Fruit Cup, Brownie, Milk	Grilled Beef Hot Dog on a bun, Potato Salad or Pasta Salad, Melon, Chips, Cookie, Milk <b>Cards after Lunch</b>	Tater Tot Casserole, Fruit Cup, Lettuce Salad, Wheat Bread, Jello Cake, Milk <b>Divine Desserts after lunch</b>	Biscuits & Sausage Gravy, Vegetable Egg Quiche, Muffin, Applesauce, Milk

To Reserve Your Meal, Call Tracy at 308-485-4634 before 9:30 am each day.  
Meals are available for a suggested donation of \$5 per person age 60 or older.

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