







September 2017

Congregate Meal Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				<b>September 1</b> Beef Burrito with 3 ounces Seasoned Beef and Cheese 1/2 cup Spanish Rice 1/2 cup Warm Fiesta Corn Tortilla Shell 1/2 cup Apricots
<b>September 4</b> 	<b>September 5</b> <u>Labor Day Special &amp; Birthdays</u> Hot Dog 1/2 cup Sauerkraut 1/2 cup Potato Salad Hot Dog Roll 1/2 cup Tropical Fruit Salad <b>Birthday Cake</b>	<b>September 6</b> 4 ounces Roast Beef Stroganoff 1/2 cup Buttered Noodles 1/2 cup Peas and Carrots 1 slice White Bread Fresh Fruit	<b>September 7</b> <b>Center Closed</b> <b>Lake Tobias Trip</b> <b>September 8</b>	
<b>September 11</b> Salisbury Steak with 2 ounces Gravy 1/2 cup Garlic Mashed Potatoes 1/2 cup Mixed Vegetable Medley 1 slice Wheat Bread Sugar Cookie	<b>September 12</b> Sweet Turkey Sausage (6) Minestrone over 3/4 cup Bowtie Noodles 1/2 cup Green Beans 1 slice Italian Bread Fresh Fruit	<b>September 13</b> Stuffed Pepper 1/2 cup Mashed Potatoes 1/2 cup Sweet Corn 1 slice Wheat Bread 1/2 cup Fruit Crisp	<b>September 14</b> Chicken Cobb Salad (3 ounces Diced Chicken, 1 Egg, and Cheese) Sprinkle of Bacon Bits 1 cup Noodle Soup with Crackers Dinner Roll 1/2 cup Pineapple Tidbits 	<b>September 15</b> Mushroom Swiss Burger 1/2 cup Hot German Potato Salad 1/2 cup Baked Beans Hamburger Roll 1/2 cup Apricots
<b>September 18</b> Sweet and Sour Meatballs (3) 1/2 cup Rice Pilaf 1/2 cup Vegetable Medley 1 slice White Bread 1/2 cup Applesauce	<b>September 19</b> Veal Roulade with 2 ounces Gravy 1/2 cup Mashed Potatoes 1/2 cup Sliced Carrots 1 slice White Bread Sugar Cookie	<b>September 20</b> Chicken Parmesan 1/2 cup Rotini Pasta with Sauce and Cheese 1 cup Tossed Salad with Tomato and Dressing 1 slice Italian Bread 1/2 cup Sliced Peaches	<b>September 21</b> Club Sandwich (1 ounce Ham, Turkey, and Cheese) with 1/4 cup Lettuce and 1 slice Tomato 1 cup Creamy Cauliflower Soup with Crackers 2 slices White Bread 1/2 cup Sliced Apples	<b>September 22</b> Potato Crusted Fish 1/2 cup Macaroni and Cheese 1/2 cup Sweet and Sour Coleslaw 1 slice Wheat Bread 1/2 cup Pineapples and Oranges
<b>September 25</b> Meatball Sandwich (3 Meatballs) with 2 ounces Sauce and Cheese 1/2 cup Parsley Potatoes 1/2 cup Mixed Bean Medley Hoagie Roll Brownie	<b>September 26</b> Roasted Turkey with Gravy 1/2 cup Mashed Potatoes 1/2 cup Peas and Carrots 1 slice Wheat Bread 1/2 cup Vanilla Ice Cream 	<b>September 27</b> Baked Lemon Pepper Chicken Thigh with 1 ounce Gravy 1/2 cup Wild Rice 1/2 cup Lima Beans 1 slice Wheat Bread 1/2 cup Apricots	<b>September 28</b> <b>September 29</b> Chef Salad (1 oz Ham, Turkey, Cheese, and 1 Egg) with 1 cup Lettuce, Tomato, and Dressing 1 cup Wedding Soup with Crackers Breadstick 1/2 cup Sliced Pears BBQ Pork Ribette with Sauce 1/2 cup Sweet Potato Bites 1/2 cup Creamy Coleslaw Buttermilk Biscuit 1/2 cup Applesauce	

\*\*\* All meals are subject to change \*\*\*      \*\*\* Served Daily: 8 ounces Milk and 1 teaspoon Margarine  
 Stop in or call the center at 938-4649 to reserve your meal at least one business day in advance by 10:30 AM.