




September 2022 Congregate Meal Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				September 1 Hot Dog 2oz. Sauerkraut 1/2c. BBQ Butter Beans 1/2c. Potato Salad Hot Dog Bun Tropical Fruit Salad
HAPPY LABOR DAY!!  September 5	September 6 BBQ Pork Ribette 1/2c Sweet Potato Bites 1/2c Green Beans 1 Wheat Bread Birth Day Cake!	September 7 Cheeseburger w/ Lettuce, Tomato 1/2c Potato Salad 1 Hamburger Roll Seasonal Fresh Fruit	September 8 Open Faced Turkey Sandwich w/ Gravy 1/2c Whipped Potatoes w/ Chives 1/2c Sweet Corn 1 White Bread 1 Cookie	September 9 Creamy Vegetable Lasagna .5oz Shredded Mozzarella 1c Tossed Salad 1 Garlic Breadstick 1/2c Diced Peaches
September 12 Swedish Meatballs (4) 1/2c Rice 1/2c Roasted Brussel Sprouts 1 Italian Breadstick 1/2c Mandarin Oranges	September 13 Grilled Chicken Salad (2oz Chicken, Egg, Cheddar, over 1c Mixed Greens) 1/2c Broccoli Salad 1 Dinner Roll Fruited Gelatiin	September 14 Pepper Steak w/ 2oz Gravy 1/2c Cabbage & Noodles 1/2c Diced Carrots 1 Wheat Bread 1/2c Blushed Pears	September 15 Baked Lemon Pepper White Fish 1/2c Macaroni & Cheese 1/2c Stewed Tomatoes 1 Wheat Bread Seasonal Fresh Fruit	September 16 Hawaiian Pork Loin 1/2c Buttered Noodles 1/2c Island Blend Vegetables Strawberry Shortcake w/ 1/2c Fresh Strawberries
September 19 Beef Taco Salad 1c. Lettuce & Tomato 1/2c. Spanish Rice 1/2c Corn Tortilla Chips 1/2c Pineapple Delight	September 20 Homestyle Pot Roast w/ Gravy 1/2c Mashed Potatoes 1/2c Coin Carrots 1 White Bread Cookie	September 21 Sweet & Sour Chicken 1/2c Vegetable Rice Pilaf 1/2c Green Beans 1 Wheat Bread Seasonal Fresh Fruit	September 22 Penne & Meatballs (4) 3/4c Pasta w/ Marinara 1c Tossed Salad 1 Garlic Breadstick 1/2c Applesauce	September 23 Egg Omelet w/ Cheese 2 Sausage Oinks 1/2c Breakfast Potatoes 1 Wheat English Muffin w/ Jelly Seasonal Fresh Fruit
September 26 Stadium Hot Dog 2oz Sauerkraut 1/2c Cheesy Potatoes 1 Hot Dog Roll 1/2c Pineapple & Mandarin Oranges	September 27 Baked Cabbage Casserole w/ 2oz Tomato Sauce 1/2c Garlic Whipped Potatoes 1/2c Carrots 1 Dinner Roll Cookie	September 28 Warm Roast Beef & Cheddar Sandwich 1/2c. Buttered Noodles 1/2c. Corn 1 Sandwich Roll Seasonal Fresh Fruit	September 29 Salisbury Steak w/ Gravy Baked Potato w/ Sour Cream 1/2c Green Beans 1 Wheat Bread 1/2c Gelatin	September 30 Fiesta Chicken Burrito Bowl (3oz Chicken Breast/1oz Salsa .5oz Cheddar Jack) 1/2c Cilantro Lime Rice 1/2c Black Beans 1/2c Mandarin Oranges

Please call the center at 717-938-4649 to reserve your meal by 10:30 AM at least one business day in advance.

*** Served daily: 8 ounces milk ~ All meals are subject to change ***