




September 2018
Congregate Meal Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
September 3 	<u>Labor Day Special</u> September 4 Hot Dog with 2 ounces Sauerkraut 1/2 cup Potato Salad 1/2 cup Baked Beans Hot Dog Roll 1/2 cup Tropical Fruit Salad	September 5 Chicken Marsala 1/2 cup Buttered Bowties 1/2 cup Carrots Wheat Bread 1/2 cup Sliced Pears	September 6 Antipasto Salad with 1½ ounces Ham and Salami with ½ ounce Mozzarella Cheese, 2 Olives 1 cup Tossed Salad with Tomato 1 cup Wedding Soup with Crackers Breadstick 1/2 cup Sunset Peaches Italian Dressing	September 7 Potato Crusted Pollock 1/2 cup Cheesy Twists 1/2 cup Stewed Tomatoes Wheat Bread Fresh Seasonal Fruit (Orange)
September 10 4 ounces Beef Stroganoff with Gravy 1/2 cup Buttered Bowties 1/2 cup Mixed Vegetables Wheat Bread Fresh Seasonal Fruit (Melon)	<u>September Birthdays</u> September 11 Pineapple Glazed Ham 1/2 cup Whipped Sweet Potatoes 1/2 cup Creamy Coleslaw Wheat Bread Birthday Cake	September 12 Stuffed Pepper with Tomato Sauce 1/2 cup Garlic Whipped Potatoes 1/2 cup Coin Carrots Wheat Bread Strawberry Shortcake	September 13 Chicken Caesar Salad with 3 ounces Diced Chicken 1 cup Mixed Greens with 1 teaspoon Parmesan Cheese, Croutons, and Caesar Dressing 1 cup Minestrone Soup with Crackers Breadstick 1/2 cup Sliced Peaches	September 14 Hot Turkey, Bacon, Cheese Jr. Club Sandwich with 1 slice Turkey, 1 slice Bacon, and 1 slice Cheese 1 cup Cream of Broccoli Soup with Crackers Sandwich Roll 1/2 cup Applesauce Condiments
September 17 Sweet and Sour Meatballs (4) 1/2 cup Egg Noodles 1/2 cup Hawaiian Coleslaw Dinner Roll 1/2 cup Sliced Pears	September 18 Chicken, Spinach, and Cranberry Salad 3 ounces Chicken, 1 tablespoon Cranberries, and Balsamic Dressing 1 cup Mixed Greens and Spinach with Cucumber 1/2 cup Pickled Diced Beets Breadstick Cookie	September 19 Meatloaf with Gravy 1/2 cup Whipped Potatoes 1/2 cup Green Beans White Bread 1/2 cup Banana Pudding with 2 Nilla Wafers	September 20 3 ounces Pork Carnita Taco topped with Sweet and Sour Slaw 1/2 cup Rice with Chives 1/2 cup Corn Tortilla Fresh Melon	September 21 Steak Sandwich with 2 ounces Onions and Peppers, Cheese 1/2 cup Ranch Seasoned Potatoes Hoagie Roll Fresh Seasonal Fruit Condiments
September 24 Salisbury Steak with Gravy 1/2 cup Cheesy Whipped Potatoes 1/2 cup Sweet Peas White Bread Brownie	September 25 Orange Glazed Pork Loin 1/2 cup Vegetable Rice Pilaf 1/2 cup Mixed Vegetables Wheat Bread 1/2 cup Applesauce	September 26 Baked Salmon with Dill Sauce Baked Potato with Margarine 1/2 cup Lima Beans White Bread Cookie	September 27 4 ounces Creamy Chicken Salad Croissant with Lettuce and Tomato 1 cup Tomato Soup with Crackers Whole Grain Croissant Fresh Seasonal Fruit	September 28 Chicken Primavera with Vegetable Cream Sauce 1/2 cup Penne Pasta 1 cup Tossed Salad with Cucumber, Hardboiled Egg and Italian Dressing Garlic Breadstick 1/2 cup Sliced Pears



*** All meals are subject to change ***
 *** Served daily: 8 ounces Milk and 1 teaspoon Margarine ***
 *** Please reserve your meal by 10:30 at least one business day in advance by calling 717-938-4649 ***