



September 2021

Congregate Meal Menu



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		September 1 Baked Meatloaf w/ Gravy 1/2c Mashed Potatoes 1/2c Wax Beans Wheat Bread Cookie	September 2	September 3
September 6 	September 7 Hot Dog w/ 2oz Sauerkraut 1/2c BBQ Butterbeans 1/2c Potato Salad Hot Dog Bun 1/2c Tropical Fruit	September 8 Warm Roast Beef Sandwich w/ Mozzarella 1/2c Roasted Parmesan Redskins 1/2c Carrots Sandwich Roll Fresh Banana	September 9	September 10
September 13 Maple Dijon Salmon 1/2c Garlic Buttered Orzo 1/2c Peas Wheat Bread 1/2c Pineapple & Cherries	September 14 Fiesta Chicken Salad (fajita chicken,cheddar,salsa,sour cr) 1c Mixed Greens w/ Tortilla Strips 1/2c Mixed Vegetables WG Dinner Roll Fresh Fruit	September 15 Kielbasa 2 Tbsp. Sauerkraut 1/2c Whipped Potatoes 1/2c Green Beans 2 WW Bread Gelatin	September 16	September 17
September 20 Chili Cheese Hot Dog (2oz Chili, .5oz Cheddar) 1/2c Ranch Potatoes 1/2c Green Beans Hot Dog Roll 1/2c Cinnamon Applesauce	September 21 Grilled Chicken Caesar Salad 1c Mixed Greens (Diced Chicken, Parmesan, Tomato, Croutons) 1/2c Coleslaw WG Dinner Roll 1/2c Mixed Fruit	September 22 Beef Burgundy 1/2c Bowtie Noodles 1/2c Coin Carrots Wheat Bread Fresh Orange	September 23	September 24
September 27 BBQ Glazed Turkey Burger w/ Cheddar 1c Creamy Broccoli Soup w/ Crackers Sandwich Roll Fresh Fruit	September 28 <u>Brunch Lunch</u> Western Omelet w/ Ham, Cheese, Peppers, Onions 1/2c Breakfast Potatoes WG English Muffin w/ Jelly 4oz Orange Juice	September 29 Salisbury Steak w/ Gravy 1/2c Mashed Potatoes 1/2c Cream Corn Wheat Bread 1/2c Pudding	September 30	

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

Thursday and Friday meals are frozen and must be picked up on Wednesdays.

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