



September 2017

Congregate Meal Menu

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



September 1

- 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

September 4



September 5

Labor Day Special & Birthdays

- Hot Dog
- 1/2 cup Sauerkraut
- 1/2 cup Potato Salad
- Hot Dog Roll
- 1/2 cup Tropical Fruit Salad

Birthday Cake

September 6

- 4 ounces Roast Beef Stroganoff
- 1/2 cup Buttered Noodles
- 1/2 cup Peas and Carrots
- 1 slice White Bread
- Fresh Fruit



September 7

- Chicken Salad Sandwich
 - with 1/4 cup Lettuce and 1 slice Tomato
- 1 cup Pasta Florentine Soup
 - with Crackers
- 2 slices White Bread
- 1/2 cup Sunset Peaches

September 8

- Baked Pollock
 - with 1 ounce Dill Sauce
- 1/2 cup Buttered Potatoes
- 1/2 cup Creamy Coleslaw
- 1 slice Wheat Bread
- 1/2 cup Sliced Pears



September 11

- Salisbury Steak
 - with 2 ounces Gravy
- 1/2 cup Garlic Mashed Potatoes
- 1/2 cup Mixed Vegetable Medley
- 1 slice Wheat Bread
- Sugar Cookie

September 12

- Sweet Turkey Sausage (6) Minestrone
 - over 3/4 cup Bowtie Noodles
- 1/2 cup Green Beans
- 1 slice Italian Bread
- Fresh Fruit



September 13

- Stuffed Pepper
- 1/2 cup Mashed Potatoes
- 1/2 cup Sweet Corn
- 1 slice Wheat Bread
- 1/2 cup Fruit Crisp

September 14

- 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



September 15

- Mushroom Swiss Burger
- 1/2 cup Hot German Potato Salad
- 1/2 cup Baked Beans
- Hamburger Roll
- 1/2 cup Apricots

September 18

- Sweet and Sour Meatballs (3)
- 1/2 cup Rice Pilaf
- 1/2 cup Vegetable Medley
- 1 slice White Bread
- 1/2 cup Applesauce



September 19

- Veal Roulade
 - with 2 ounces Gravy
- 1/2 cup Mashed Potatoes
- 1/2 cup Sliced Carrots
- 1 slice White Bread
- Sugar Cookie

September 20

- 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



September 21

- 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



September 22

- 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

September 25

- Meatball Sandwich (3 Meatballs)
 - with 2 ounces Sauce and Cheese
- 1/2 cup Parsley Potatoes
- 1/2 cup Mixed Bean Medley
- Hoagie Roll
- Brownie

September 26

- 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



September 27

- 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

September 28

- 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



September 29

- 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