

# September 2017

### Congregate Meal Menu

**MONDAY TUESDAY** WEDNESDAY **THURSDAY FRIDAY** 





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

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

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

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 8

September 1

### 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 14 Chicken Cobb Salad (3 ounces Diced Chicken, 1 Egg, and Cheese) 1/2 cup Hot German Potato Salad 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 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



Veal Roulade

# September 19

September 5

September 20 Chicken Parmesan 1 cup Tossed Salad with Tomato and Dressing 1 slice Italian Bread 1/2 cup Sliced Peaches

September 21 Club Sandwich 1/2 cup Rotini Pasta with Sauce and Cheese (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

1 cup Wedding Soup

with Crackers

Chef Salad

Breadstick 1/2 cup Sliced Pears

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 29

### 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

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 26

# September 27

September 6

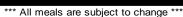
September 13

Baked Lemon Pepper Chicken Thigh with 1 ounce Gravy 1/2 cup Wild Rice 1/2 cup Lima Beans 1 slice Wheat Bread L/2 cup Apricots

## September 28

September 7

BBQ Pork Ribette with Sauce (1 oz Ham, Turkey, Cheese, and 1 Egg) 1/2 cup Sweet Potato Bites with 1 cup Lettuce, Tomato, and Dressing 1/2 cup Creamy Coleslaw Buttermilk Biscuit 1/2 cup Applesauce



\*\*\* Served Daily: 8 ounces Milk and 1 teaspoon Margarine