



## September 2018 Congregate Meal Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
September 3	<u>Labor Day Special</u>	September 4	September 5	September 6
	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	Chicken Marsala 1/2 cup Buttered Bowties 1/2 cup Carrots Wheat Bread 1/2 cup Sliced Pears	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	Potato Crusted Pollock 1/2 cup Cheesy Twists 1/2 cup Stewed Tomatoes Wheat Bread Fresh Seasonal Fruit (Orange)
September 10	<u>September Birthdays</u>	September 11	September 12	September 13
4 ounces Beef Stroganoff with Gravy 1/2 cup Buttered Bowties 1/2 cup Mixed Vegetables Wheat Bread Fresh Seasonal Fruit (Melon)	Pineapple Glazed Ham 1/2 cup Whipped Sweet Potatoes 1/2 cup Creamy Coleslaw Wheat Bread <div style="text-align: center;"><b>Birthday Cake</b></div>	Stuffed Pepper with Tomato Sauce 1/2 cup Garlic Whipped Potatoes 1/2 cup Coin Carrots Wheat Bread Strawberry Shortcake	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	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	September 18	September 19	September 20	September 21
Sweet and Sour Meatballs (4) 1/2 cup Egg Noodles 1/2 cup Hawaiian Coleslaw Dinner Roll 1/2 cup Sliced Pears	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	Meatloaf with Gravy 1/2 cup Whipped Potatoes 1/2 cup Green Beans White Bread 1/2 cup Banana Pudding with 2 Nilla Wafers	3 ounces Pork Carnita Taco topped with Sweet and Sour Slaw 1/2 cup Rice with Chives 1/2 cup Corn Tortilla Fresh Melon	Steak Sandwich with 2 ounces Onions and Peppers, Cheese 1/2 cup Ranch Seasoned Potatoes Hoagie Roll Fresh Seasonal Fruit Condiments
September 24	September 25	September 26	September 27	September 28
Salisbury Steak with Gravy 1/2 cup Cheesy Whipped Potatoes 1/2 cup Sweet Peas White Bread Brownie	Orange Glazed Pork Loin 1/2 cup Vegetable Rice Pilaf 1/2 cup Mixed Vegetables Wheat Bread 1/2 cup Applesauce	Baked Salmon with Dill Sauce Baked Potato with Margarine 1/2 cup Lima Beans White Bread Cookie	4 ounces Creamy Chicken Salad Croissant with Lettuce and Tomato 1 cup Tomato Soup with Crackers Whole Grain Croissant Fresh Seasonal Fruit	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