

GCCARD Congregate Menu September 2017

MENU SUBJECT TO CHANGE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1
				Buttermilk Breaded Chicken O'Brien Potatoes Scandinavian Vegetable Blend Cinnamon Roll w/Margarine Fresh Fruit Milk
4	5	6	7	8
GCCARD OFFICE CLOSED LABOR DAY	Pot Roast w/Gravy Garlic Mashed Potatoes Prince Charles Vegetable Blend Wheat Roll w/Margarine Sliced Apples Milk	Pork Loin Chop Diced Sweet Potatoes Steamed Green Beans Corn Bread w/Margarine Fresh Banana Milk	Pepper Steak Beef Steak Loaded Potato Salad Chopped Broccoli Potato Roll w/Margarine Honey Dew Fruit Chunks Milk	Vegetable Lasagna Chopped Spinach Season Stewed Tomatoes Sliced Bread w/Margarine Fruit Cocktail in Juice Milk
11	12	13	14	15
Pork Steak w/Sweet & Sour Oriental Vegetable Blend Brown Rice w/Red Peppers Diced Fruit Mix Potato Roll W/Margarine Fortune Cookies Milk	Baked Veal Steak in Sauce Steamed Cauliflower Chalet Garlic Vegetable Blend Wheat Bread Fresh Fruit Salad Milk	Hickory Smoked Ham Steak Far East Vegetable Blend Redskin Potatoes Wedges Whole Grain Sweet Rolls Margarine Pineapple Chunks Milk	Sliced Chicken Breast Marinated Beets Scandinavian Vegetable Blend Oven Brown Rolls w/Margarine Birthday Cake Milk	Lemon Grilled Pollock Tuscan Asiago Vegetables Blend Tossed Salad w/Tomatoes Dinner Roll w/Margarine Strawberry Applesauce Tatar Sauce/Salad Dressing Milk
18	19	20	21	22
Oven Fried Chicken Broccoli Au Gratin Flame Roasted Vegetables Potato Roll w/Margarine Fresh Fruit Milk	Meatloaf w/Gravy Mashed Potatoes Caribbean Vegetable Blend Multi-Grain Roll/Margarine Malibu Blend Fruit Salad Milk	White Chicken Chili Steamed Baby Carrots Tossed Salad w/Tomatoes Corn Bake w/Margarine Mixed Fruit Salad Salad Dressing pk. Milk	Breaded Turkey Cutlet Mashed Sweet Potatoes Northwest Vegetable Blend Cracked Wheat Roll w/Margarine Fresh Apple Cookie of the Month Milk	Artisan Macaroni & Cheese Zucchini & Tomatoes Steamed Broccoli Corn Muffin w/Margarine Jell-O w/Fruit Milk
25	26	27	28	29
Chargrilled Chicken Fillet Brussels Sprouts Sliced Carrots Potato Bun Mayo pk. Fresh Fruit Milk	Turkey Breast w/Gravy Redskin Mashed Potatoes Key Biscayne Vegetable Spilt Top Roll w/Margarine Sliced Pear Half's Milk	Smoked Pork on Bun Baked Sweet Potato Winter Blend Vegetables Sliced Peaches Natural Grain Rolls w/Margarine Milk	Chicken & Dumplings W/Stewed Vegetables French Cut Green Beans Potato Roll w/Margarine Fresh Orange Milk	Braised Beef Strips w/Noodles California Blend Vegetables Steamed Asparagus Cluster Bread w/Margarine Fruit Salad Milk