




## Congregate September Meal Menu 2018

Menu Subject to Change Based on Product Availability and Quality Standards

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	4	5	6	7
	<p>Turkey w/Gravy Garlic Mashed Potatoes Prince Charles Vegetable Blend Wheat Roll w/Margarine Sliced Apples Milk</p>	<p>Pork Loin Chop Diced Sweet Potatoes Steamed Green Beans Corn Bread w/Margarine Fresh Banana Milk</p>	<p>Pepper Steak Beef Steak Loaded Potato Salad Chopped Broccoli Potato Roll w/Margarine Honey Dew Fruit Chunks Milk</p>	<p>Vegetable Lasagna Chopped Spinach Season Stewed Tomatoes Sliced Bread w/Margarine Fruit Cocktail in Juice Milk</p>
10	11	12	13	14
<p>Pork Steak w/Sweet &amp; Sour Oriental Vegetable Blend Brown Rice w/Red Peppers Diced Fruit Mix Potato Roll W/Margarine Fortune Cookies Milk</p> 	<p>Baked Veal Steak in Sauce Steamed Cauliflower Chalet Garlic Vegetable Blend Sliced Wheat Bread Fresh Fruit Salad Milk</p>	<p>Hickory Smoked Ham Steak Far East Vegetable Blend Redskin Potatoes Wedges Whole Grain Sweet Rolls Margarine Pineapple Chunks Milk</p>	<p>Chicken Breast Sliced Marinated Beets Scandinavian Vegetable Blend Oven Brown Rolls w/Margarine Birthday Cake Milk</p> 	<p>Lemon Grilled Pollock Tuscan Asiago Vegetables Blend Tossed Salad w/Tomatoes Dinner Roll w/Margarine Strawberry Applesauce Tatar Sauce Salad Dressing Milk</p>
17	18	19	20	21
<p>Oven Fried Chicken Broccoli Au Gratin Flame Roasted Vegetables Potato Roll w/Margarine Fresh Fruit Milk</p>	<p>Meatloaf w/Gravy Mashed Potatoes Caribbean Vegetable Blend Multi-Grain Roll w/Margarine Malibu Blend Fruit Salad Milk</p>	<p>White Chicken Chili Steamed Baby Carrots Tossed Salad w/Tomatoes Corn Bake w/Margarine Mixed Fruit Salad Salad Dressing Pk Milk</p>	<p>Breaded Turkey Cutlet Mashed Sweet Potatoes Northwest Vegetable Blend Cracked Wheat Roll w/Margarine Fresh Apple Cookie of the Month Milk</p> 	<p>Artisan Macaroni &amp; Cheese Zucchini &amp; Tomatoes Steamed Broccoli Corn Muffin w/Margarine Jell-O w/Fruit Milk</p>
24	25	26	27	28
<p>Chargrilled Chicken Fillet Brussel Sprouts Sliced Carrots potato Bun Mayo Pk Fresh Fruit Milk</p>	<p>Turkey Breast w/Gravy Redskin Mashed Potatoes Key Biscayne Vegetable Blend Split Top Roll w/Margarine Sliced Pear Half's Milk</p>	<p>Smoked Pork on Bun Baked Sweet Potato Winter Blend Vegetables Sliced Peaches Natural Grain Rolls w/Margarine Milk</p>	<p>Chicken &amp; Dumplings W/Stewed Vegetables French Cut Green Beans Potato Roll w/Margarine Fresh Orange Milk</p>	<p>Buttermilk Breaded Chicken O'Brien Potatoes Scandinavian Vegetable Blend Cinnamon Bread w/Margarine Fresh Apple Milk</p>