




## Congregate September Meal Menu 2020

Menu Subject to Change Based on Product Availability and Quality Standards

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2	3	4
	Turkey Tetrizzini 8 oz Winter Blend-4oz Crinkle Cut Carrots-4 oz Corn Muffin-1 ct Margarine-1 ct Berry Blend Applesauce-1 ct 100% Fruit Juice	Chicken & Dumplings-8oz W/Stewed Vegetables Cut Green Beans-4oz Potato Roll w/Margarine Peaches -4oz Milk	Turkey w/Gravy-3 oz Garlic Mashed Potatoes-4oz Prince Charles Vegetable Blend-4oz Wheat Roll w/Margarine Applesauce Cup-1 100% Fruit Juice	HM Beef & Bean Burrito-1 Sweet Corn w/Peppers-4oz Fresh Apple-1 Spanish Rice-4oz Margarine Milk
7	8	9	10	11
	Pulled BBQ Chicken (3 oz) Baked Beans (4 oz) Green Beans (4 oz) Whole Grain Bun (1 ct) Diced Pears (4 oz) 100% Fruit Juice	Pork Loin w/gravy-3oz Diced Sweet Potatoes-4oz Steamed Green Beans-4oz Corn Bread w/Margarine Fresh Banana-1 Milk	Peppered Beef Steak w/gravy-1 Loaded Potato Salad-4oz Chopped Broccoli-4oz Potato Roll w/Margarine Honey Dew Fruit Chucks-4oz 100% Fruit Juice	Chicken Marsala-1 Chopped Spinach-4oz Mashed Potatoes-4oz WG Roll Fruit Cocktail in Juice-4oz Margarine Milk
14	15	16	17	18
Pub Burger w/Cheese (1 ea) Cauliflower Florets (4 oz) Mixed Vegetables (4 oz) Whole Wheat Bun (1 ct) Fresh Apple Milk (1ct)	Sweet & Sour Chicken-6oz Peas & Carrots-4oz Brown Rice-4oz Mixed Fruit Cup-4oz Potato Roll Fortune Cookie Margarine 100% Fruit Juice 	HM White Chicken Chili-8oz Steamed Baby Carrots-4oz Tossed Salad w/Tomatoes-4oz Corn Bake w/Margarine Mixed Fruit Salad-4oz Salad Dressing Pk Milk	Chicken Breast-1 Sliced Marinated Beets-4oz Far East Veggie Blend-4oz Oven Brown Rolls w/Margarine HM Birthday Cake 100% Fruit Juice 	Grilled Fish-3oz Tuscan Asiago Vegetables Blend Tossed Salad w/Tomatoes Dinner Roll w/Margarine Strawberry Applesauce Salad Dressing Milk
21	22	23	24	25
Chicken Caesar Salad Cherry Tomatoes Fresh Snap Peas Flatbread Fresh Fruit Milk	HM Salisbury Steak w/Gravy-1 Mashed Potatoes-4oz Caribbean Vegetable Blend-4oz Multi-Grain Roll w/Margarine Tropical Fruit Salad 100% Fruit Juice	Smoked Pork Sandwich-3oz Far East Vegetable Blend-4oz Redskin Potatoes Wedges-4oz Whole Grain Bun Margarine Pineapple Chunks-4oz Milk	Meatball Sub-5 ea Sweet Peas-4oz Vegetable Blend-4oz WW Sub Bun Fresh Apple Cookie of the Month 100% Fruit Juice 	Artisan Macaroni & Cheese-8oz Zucchini & Tomatoes-4oz Steamed Broccoli-4oz Corn Muffin w/Margarine Mixed Fruit-4oz Milk
28	29	30		
HM Corn Chowder w/ Diced Ham & potatoes-8oz Tossed Salad Vegetable Blend-4oz Corn Muffin Top-1 Margarine Diced Pears-4oz Milk	HM Stuffed Peppers-1 O'Brien Potatoes-4oz Scandinavian Vegetable Blend-4oz Sliced Bread w/Margarine Pears-4oz 100% Fruit Juice	Sloppy Joe (3 oz) Diced Potatoes (4 oz) Winter Blend Vegetables (4 oz) Wheat Bun (1 ct) Golden Apple (1 ct) Margarine (1 ct) Milk (1 ct)		