

Congregate September Meal Menu 2021

Menu Subject to Change Based on Product Availability and Quality Standards

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 HM Salisbury Steak w/Gravy-1 Mashed Potatoes-4oz Caribbean Vegetable Blend-4oz Multi-Grain Roll w/Margarine Tropical Fruit Salad milk	2 Creamy Turkey & Wild Rice Soup Sliced Potatoes-4oz Sweet Peas Wheat Roll w/Margarine Applesauce Cup-1 100% Fruit Juice	3 Meatball Sub-5 ea Vegetable Blend-4oz WW Sub Bun Fresh Apple milk
6 	7 Oven Fried Chicken Southern Green Beans Potato Salad Hawaiian Roll Pineapple Tidbits 100% Fruit Juice	8 Pork Chop w/gravy-3oz Roasted Sweet Potatoes-4oz Steamed Cauliflower-4oz Corn Bread w/Margarine Fresh Banana-1 Milk	9 Peppered Beef Steak w/gravy-1 Mashed Potatoes-4oz Chopped Broccoli-4oz Potato Roll w/Margarine Honey Dew Fruit Chunks-4oz 100% Fruit Juice	10 Chicken Marsala-1 Chopped Spinach-4oz Glazed Carrots-4oz WG Roll Fruit Cocktail-4oz Margarine Milk
13 Pulled BBQ Chicken (3 oz) Baked Beans (4 oz) Green Beans (4 oz) Whole Grain Bun (1 ct) Diced Pears (4 oz) Milk	14 Sweet & Sour Chicken-6oz Peas & Carrots-4oz Brown Rice-4oz Mixed Fruit Cup-4oz Potato Roll Fortune Cookie Margarine 100% Fruit Juice 	15 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	16 Chicken Breast-1 Sliced Marinated Beets-4oz Far East Veggie Blend-4oz Oven Brown Rolls w/Margarine HM Birthday Cake 100% Fruit Juice 	17 Baked Fish-3oz Tuscan Asiago Vegetables Blend Sweet Peas Dinner Roll w/Margarine Strawberry Applesauce milk
20 Antipasto Salad w/pepperoni, salami, olives, cheese Cherry Tomatoes Fresh Snap Peas Flatbread Fresh Fruit Milk	21 Pub Burger w/Cheese (1 ea) Cauliflower Florets (4 oz) Mixed Vegetables (4 oz) Whole Wheat Bun (1 ct) Fresh Apple 100% Fruit Juice	22 Chicken & Dumplings-8oz W/Stewed Vegetables Cut Green Beans-4oz Potato Roll w/Margarine Peaches -4oz Milk	23 Beef Fajitas Sweet Corn w/Peppers-4oz Spanish Rice-4oz Fresh Apple-1 Margarine 100% Fruit Juice Cookie of the Month 	24 Artisan Macaroni & Cheese-8oz Zucchini & Tomatoes-4oz Steamed Broccoli-4oz Corn Muffin w/Margarine Mixed Fruit-4oz Milk
27 HM Corn Chowder w/ Diced Ham & potatoes-8oz Vegetable Blend-4oz Biscuit Margarine Diced Pears-4oz Milk	28 HM Stuffed Peppers-1 O'Brien Potatoes-4oz Scandinavian Vegetable Blend-4oz Sliced Bread w/Margarine Pears-4oz 100% Fruit Juice	29 Turkey Tetrazzini 8 oz Winter Blend-4oz Crinkle Cut Carrots-4 oz Corn Muffin-1 ct Margarine-1 ct Berry Blend Applesauce-1 ct Milk	30 Sloppy Joe (3 oz) Diced Potatoes (4 oz) Lima Beans (4 oz) Wheat Bun (1 ct) Golden Apple (1 ct) Margarine (1 ct) 100% Fruit Juice	 Valley Area Agency On Aging <i>Answers, Action, & Advocacy</i> for <i>All Things Senior!</i>