

GCCARD Congregate Menu

September 2017

Menu Subject to Change!

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

PLEASE CALL IN THE DAY BEFORE BY 1:00 P.M. TO SCHEDULE FOR LUNCH 810-658-1566