

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)		

PLEASE CALL THE CENTER THE DAY BEFORE BY 1:00 PM TO SCHEDULE FOR LUNCH @810-658-1566

CURBSIDE PICK-UP! PULL UP TO THE FRONT DOOR AREA TO PICK LUNCHES UP!