

## Congregate September Meal Menu 2022

Menu Subject to Change Based on Product Availability and Quality Standards

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			<b>1</b> Creamy Turkey & Wild Rice Soup Sliced Potatoes-4oz Sweet Peas Wheat Roll w/Margarine Applesauce Cup-1 100% Fruit Juice	<b>2</b> Meatball Sub-5 ea Vegetable Blend-4oz WW Sub Bun Fresh Apple Milk
<b>5</b> 	<b>6</b> Pork Chop w/Gravy-3oz Roasted Sweet Potatoes-4oz Steamed Cauliflower-4oz Corn Bread w/Margarine Fresh Banana-1 Milk	<b>7</b> Oven Fried Chicken Southern Green Beans Potato Salad Hawaiian Roll Pineapple Tidbits 100% Fruit Juice	<b>8</b> Peppered Beef Steak w/gravy-1 Mashed Potatoes-4oz Chopped Broccoli-4oz Potato Roll w/Margarine Honey Dew Fruit Chunks-4oz 100% Fruit Juice	<b>9</b> Chicken Marsala-1 Chopped Spinach-4oz Glazed Carrots-4oz WG Roll Fruit Cocktail-4oz Margarine Milk
<b>12</b> Pulled BBQ Chicken-3oz Baked Beans-4oz Green Beans-4oz Whole Grain Bun-1 Diced Pears-4oz Milk	<b>13</b>  <i>Chef's Choice</i>	<b>14</b> 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	<b>15</b> Chicken Breast-1 Sliced Marinated Beets-4oz Far East Veggie Blend-4oz Oven Brown Rolls w/Margarine HM Birthday Cake 100% Fruit Juice 	<b>16</b> Baked Fish w/Sauce-3oz Tuscan Asiago Vegetables Blend Sweet Peas Dinner Roll w/Margarine Strawberry Applesauce Milk
<b>19</b> Antipasto Salad w/Pepperoni, Salami, Olives, Cheese Cherry Tomatoes Fresh Snap Peas Flatbread Fresh Fruit Milk	<b>20</b> Pub Burger w/Cheese-1 Cauliflower Florets-4oz Mixed Vegetables-4oz Whole Wheat Bun-1 Fresh Apple 100% Fruit Juice	<b>21</b> Chicken & Dumplings-8oz W/Stewed Vegetables Cut Green Beans-4oz Potato Roll w/Margarine Peaches-4oz Milk	<b>22</b> Beef Fajitas Sweet Corn w/Peppers-4oz Spanish Rice-4oz Fresh Apple-1 Margarine 100% Fruit Juice Cookie of the Month 	<b>23</b> Artisan Macaroni & Cheese-8oz Zucchini & Tomatoes-4oz Steamed Broccoli-4oz Corn Muffin w/Margarine Mixed Fruit-4oz Milk
<b>26</b> HM Chicken Parmesan w/Spaghetti Vegetable Blend-4oz Garlic Roll Margarine Warm Peaches Milk	<b>27</b> <i>Chef's Choice</i> 	<b>28</b> Turkey Tetrazzini-8oz Winter Blend-4oz Crinkle Cut Carrots-4 oz Corn Muffin-1 ct Margarine-1 ct Berry Blend Applesauce-1 ct Milk	<b>29</b> Sloppy Joe-3oz Diced Potatoes-4oz Lima Beans-4oz Wheat Bun-1 Golden Apple-1 Margarine-1 100% Fruit Juice	<b>30</b> Sweet & Sour Chicken-6oz Peas & Carrots-4oz Brown Rice-4oz Mixed Fruit Cup-4oz Potato Roll Fortune Cookie Margarine 100% Fruit Juice 

**YOU NEED TO CALL THE CENTER THE DAY BEFORE BY 12:30 PM TO SCHEDULE FOR LUNCH @810-658-1566**  
**IT IS CURBSIDE PICK-UP! PULL UP TO THE FRONT DOOR AREA WE WILL BRING LUNCHES OUT TO YOU!**  
**GENESEE RESIDENT - \$3.00 PP    NON-GENESEE RESIDENT - \$6.00 PP**