

NAME: _____

Congregate September Meal Menu 2023

DATE: _____

Menu Subject to Change Based on Product Availability and Quality Standards

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

**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 DOORS AND WE WILL BRING LUNCHES OUT TO YOU!**