


SEPTEMBER CONGREGATE MENU

| Menu Subject to Change Based on Product Availability and Quality Standards | | | | |
|--|--|--|---|--|
| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|  | 3 | Congregate Style 4 | 5 | 6 |
| | Oven Fried Chicken Southern Green Beans Potato Salad Hawaiian Roll Pineapple Tidbits 100% Fruit Juice | Pork Chop w/gravy-3oz Mashed Sweet Potatoes-4oz Steamed Cauliflower-4oz Corn Bread w/Margarine Fresh Orange Milk | Peppered Beef Steak w/gravy-1 Roasted Potatoes-4oz Chopped Broccoli-4oz Potato Roll w/Margarine mango & papaya fruit mix 100% Fruit Juice | Creamy Turkey & Wild Rice Soup Sliced Potatoes w/peppers Sweet Peas Wheat Roll w/Margarine Applesauce Cup-1 Milk |
| 9 | 10 | 11 | 12 | 13 |
| Pulled BBQ Sandwich (3 oz) Baked Beans (4 oz) Green Beans (4 oz) Whole Grain Bun (1 ct) Diced Pears (4 oz) Milk | HM White Chicken Chili-8oz Steamed Baby Carrots-4oz Corn Bake w/Margarine Mixed Fruit Salad-4oz 100% Fruit juice | Pub Burger w/Cheese (1 ea) Cauliflower Florets (4 oz) Mixed Vegetables (4 oz) Whole Wheat Bun (1 ct) Fresh Apple milk | Chicken Breast Sliced Marinated Beets-4oz Far East Veggie Blend-4oz Dinner Roll HM Birthday C: 100% Fruit Jui margarine  | Baked Fish w/Sauce-3oz Tuscan Asiago Vegetables Blend Sweet Peas Dinner Roll w/Margarine Strawberry Applesauce milk |
| 16 | Congregate Style 17 | 18 | 19 | 20 |
| Beef Fajitas Sweet Corn w/Peppers-4oz Spanish Rice-4oz Soft tortilla shells Fresh Apple-1 Margarine milk | 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 | Chicken & Dumplings-8oz W/Stewed Vegetables Cut Green Beans-4oz Potato Roll w/Margarine Peaches -4oz Milk | Antipasto Salad w/pepperoni, salami, olives, cheese Cherry Tomatoes Fresh Snap Peas Flatbread Fresh Fruit 100% fruit juice  Cookie of the month | Chicken Marsala over Rice Pilaf Chopped Spinach-4oz Glazed Carrots-4oz WG Roll Fruit Cocktail-4oz Margarine Milk |
| 23 | 24 | 25 | 26 | 27 |
| Chicken Parmesan w/Spaghetti Vegetable Blend-4oz Garlic Roll Margarine Warm Peaches Milk | Turkey Tetrzzini 8 oz Winter Blend-4oz Crinkle Cut Carrots-4 oz Corn Muffin-1 ct Margarine-1 ct Applesauce-1 ct 100% Fruit Juice | <i>Chef's Choice</i>  | Sweet & Sour Chicken-6oz Peas & Carrots- Brown Rice-4oz Mixed Fruit Cup Potato Roll Fortune Cookie Margarine 100% fruit juice  | Artisan Macaroni & Cheese-8oz Zucchini & Tomatoes-4oz Steamed Broccoli-4oz Corn Muffin w/Margarine Mixed Fruit-4oz Milk |
| 30 | | | | |
| Meatball Sub-5 ea Vegetable Blend-4oz potato wedges WW Sub Bun Fresh Apple milk |  |  |  |  |

PLEASE CALL THE DAY BEFORE 1:00 P.M. TO ORDER LUNCH – (810)659-4735