SEPTEMBER CONGREGATE MENU

Menu Subject to Change Based on Product Availability and Quality Standards

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Oven Fried Chicken Southern Green Beans Potato Salad WG Roll Pineapple Tidbits 100% Fruit Juice	**2** Pork Chop w/gravy-3oz Mashed Sweet Potatoes-4oz Steamed Cauliflower-4oz Corn Bread w/Margarine Fresh Orange Milk 	**3** Peppered Beef Steak w/gravy-1 Brown Rice-4oz Chopped Broccoli-4oz Potato Roll w/Margarine mango & papaya fruit mix 100% Fruit Juice	**4** Creamy Turkey & Wild Rice Soup Chuck Wagon Veggie Blend Sweet Peas Wheat Roll w/Margarine Applesauce Cup-1 Milk
7 	**8** HM White Chicken Chili-8oz Steamed Baby Carrots-4oz Corn Bake w/Margarine Mixed Fruit Salad-4oz 100% Fruit juice	**9** Burger w/Cheese (1 ea) Cauliflower Florets (4 oz) Mixed Vegetables (4 oz) Whole Wheat Bun (1 ct) Fresh Apple Ketchup & Mustard Milk	**10** Chicken Breast Sliced Marinated Beets-4oz Far East Veggie Blend-4oz Dinner Roll HM Birthday Cake 100% Fruit Juice margarine 	**11** Baked Fish w/Sauce-3oz Tuscan Asiago Vegetables Blend Sweet Peas Dinner Roll w/Margarine Strawberry Applesauce Milk
14 Beef Fajitas Sweet Corn w/Peppers-4oz Spanish Rice-4oz Soft tortilla shells Fresh Apple-1 Margarine milk	**15** 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 	**16** Chicken & Dumplings-8oz W/Stewed Vegetables Cut Green Beans-4oz Potato Roll w/Margarine Peaches -4oz Milk	**17** Antipasto Salad w/pepperoni, salami, olives, cheese Cherry Tomatoes Fresh Snap Peas Flatbread Mandarin Oranges 100% fruit juice Cookie of the month 	**18** Chicken Marsala over Rice Pilaf Chopped Spinach-4oz Glazed Carrots-4oz WG Roll Fruit Cocktail-4oz Margarine Milk
21 Chicken Parmasan w/Spaghetti Vegetable Blend-4oz Garlic Roll Margarine Warm Peaches Milk	**22** Turkey Tetrazzini 8 oz Winter Blend-4oz Crinkle Cut Carrots-4 oz Crunchy Breadsticks Margarine-1 ct Applesauce-1 ct 100% Fruit Juice	**23** Pulled BBQ Sandwich (3 oz) Baked Beans (4 oz) Green Beans (4 oz) Whole Grain Bun (1 ct) Diced Pears (4 oz) Milk	**24** Sweet & Sour Chicken-6oz Peas & Carrots-4oz Brown Rice-4oz Mixed Fruit Cup-4oz Potato Roll Fortune Cookie Margarine 100% fruit juice 	**25** Artisan Macaroni & Cheese-8oz Zucchini & Tomatoes-4oz Steamed Broccoli-4oz Corn Muffin w/Margarine Mixed Fruit-4oz Milk
28 Meatball Sub-5 ea Vegetable Blend-4oz potato wedges WW Sub Bun Fresh Apple Milk	**29** HM Chicken Salad Sandwich Grape Tomatoes 3 Bean Salad Sliced Croissant Fruit Cocktail 100% Fruit Juice 	**30** HM Beef & Broccoli over Lo Mein Noodles Oriental Veggie Blend Flatbread Pineapple Cup Milk 	Genesee County CARD Community Action Resource Department	VAAA Valley Area Agency On Aging Answers, Action & Advocacy for All Things Senior Genesee County Michigan Office of Senior Services

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

YOU ARE ABLE TO ORDER MULTIPLE DAYS IN ADVANCE!