




**September 2022
Congregate Meal Menu**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<p><i>*menu subject to change</i></p>	<p>September 1</p> <p>Hot Dog 2oz. Sauerkraut 1/2c. BBQ Butter Beans 1/2c. Potato Salad Hot Dog Bun Tropical Fruit Salad</p>	<p>September 2</p> <p>Homemade Tuna Salad Sandwich w/ Lettuce & Tomato 1/2c Three Bean Salad 2 White Bread Seasonal Fresh Fruit Cookie</p>
<p>HAPPY LABOR DAY!! September 5</p> 	<p>September 6</p> <p>BBQ Pork Ribette 1/2c Sweet Potato Bites 1/2c Green Beans 1 Wheat Bread Birthday Cake!</p>	<p>September 7</p> <p>Cheeseburger w/ Lettuce, Tomato 1/2c Potato Salad 1 Hamburger Roll Seasonal Fresh Fruit</p>	<p>September 8</p> <p>Open Faced Turkey Sandwich w/ Gravy 1/2c Whipped Potatoes w/ Chives 1/2c Sweet Corn 1 White Bread 1 Cookie</p>	<p>September 9</p> <p>Creamy Vegetable Lasagna .5oz Shredded Mozzarella 1c Tossed Salad 1 Garlic Breadstick 1/2c Diced Peaches</p>
<p>September 12</p> <p>Swedish Meatballs (4) 1/2c Rice 1/2c Roasted Brussel Sprouts 1 Italian Breadstick 1/2c Mandarin Oranges</p>	<p>September 13</p> <p>Grilled Chicken Salad (2oz Chicken, Egg, Cheddar, over 1c Mixed Greens) 1/2c Broccoli Salad 1 Dinner Roll Fruited Gelatiin</p>	<p>September 14</p> <p>Pepper Steak w/ 2oz Gravy 1/2c Cabbage & Noodles 1/2c Diced Carrots 1 Wheat Bread 1/2c Blushed Pears</p>	<p>September 15</p> <p>Baked Lemon Pepper White Fish 1/2c Macaroni & Cheese 1/2c Stewed Tomatoes 1 Wheat Bread Seasonal Fresh Fruit</p>	<p>September 16</p> <p>Hawaiian Pork Loin 1/2c Buttered Noodles 1/2c Island Blend Vegetables Strawberry Shortcake w/ 1/2c Fresh Strawberries</p>
<p>September 19</p> <p>Beef Taco Salad 1c. Lettuce & Tomato 1/2c. Spanish Rice 1/2c Corn Tortilla Chips 1/2c Pineapple Delight</p>	<p>September 20</p> <p>Homestyle Pot Roast w/ Gravy 1/2c Mashed Potatoes 1/2c Coin Carrots 1 White Bread Cookie</p>	<p>September 21</p> <p>Sweet & Sour Chicken 1/2c Vegetable Rice Pilaf 1/2c Green Beans 1 Wheat Bread Seasonal Fresh Fruit</p>	<p>September 22</p> <p>Penne & Meatballs (4) 3/4c Pasta w/ Marinara 1c Tossed Salad 1 Garlic Breadstick 1/2c Applesauce</p>	<p>September 23</p> <p>Egg Omelet w/ Cheese 2 Sausage Oinks 1/2c Breakfast Potatoes 1 Wheat English Muffin w/ Jelly Seasonal Fresh Fruit</p>
<p>September 26</p> <p>Stadium Hot Dog 2oz Sauerkraut 1/2c Cheesy Potatoes 1 Hot Dog Roll 1/2c Pineapple & Mandarin Oranges</p>	<p>September 27</p> <p>Baked Cabbage Casserole w/ 2oz Tomato Sauce 1/2c Garlic Whipped Potatoes 1/2c Carrots 1 Dinner Roll Cookie</p>	<p>September 28</p> <p>Warm Roast Beef & Cheddar Sandwich 1/2c. Buttered Noodles 1/2c. Corn 1 Sandwich Roll Seasonal Fresh Fruit</p>	<p>September 29</p> <p>Salisbury Steak w/ Gravy Baked Potato w/ Sour Cream 1/2c Green Beans 1 Wheat Bread 1/2c Gelatin</p>	<p>September 30</p> <p>Fiesta Chicken Burrito Bowl (3oz Chicken Breast/1oz Salsa .5oz Cheddar Jack) 1/2c Cilantro Lime Rice 1/2c Black Beans 1/2c Mandarin Oranges</p>

*** All meals are subject to change ***
*** Served daily: 8 ounces Milk and 1 tablespoon Margarine