

**September 2022  
Congregate Meal Menu**

Monday	Tuesday	Wednesday	Thursday	Friday
			<p align="center">Hotdog 2 oz. Sauerkraut 1/2 cup BBQ Butter Beans 1/2 cup Potato Salad Hotdog Bun Tropical Fruit Salad</p>	<p align="center"><b>1 Bagged Lunch</b> Tuna Salad Sandwich Fruit Juice Cucumber Salad Cookie Iced Tea</p>
<p align="center">Center Closed </p>	<p align="center">5 BBQ Pork Ribette 1/2 cup Sweet Potato Bites 1/2 cup Green Beans 1 Wheat Bread Birthday Cake</p>	<p align="center">6 Cheeseburger w/ Lettuce &amp; Tomato 1/2 cup Potato Salad 1 Hamburger Roll Seasonal Fresh Fruit</p>	<p align="center">7 Open-faced Turkey Sandwich w/ Gravy 1/2 cup Whipped Potatoes w/ Chives 1/2 cup Sweet Corn 1 White Bread 1 Cookie</p>	<p align="center">8 <b>9 Bagged Lunch</b> Sweet Bologna American Cheese Lettuce &amp; Tomatoes Coleslaw Fresh Fruit Cookie Lemonade</p>
<p align="center">12 Swedish Meatballs (4) 1/2 cup Rice 1/2 cup Roasted Brussel Sprouts 1 Italian Breadstick 1/2 cup Mandarin Oranges  <i>Open House</i></p>	<p align="center">13 Grilled Chicken Salad (2 oz. Chicken, Egg, Cheddar) 1 cup Mixed Greens 1/2 cup Broccoli Salad 1 Dinner Roll Fruited Gelatin</p>	<p align="center">14 Pepper Steak w/ 2 oz. Gravy 1/2 cup Cabbage &amp; Noodles 1/2 cup Diced Carrots 1 Wheat Bread 1/2 cup Blushed Pears</p>	<p align="center">15 Baked Lemon Pepper White Fish 1/2 cup Macaroni &amp; Cheese 1/2 cup Stewed Tomatoes 1 Wheat Bread Seasonal Fresh Fruit</p>	<p align="center">16 <b>17 Bagged Lunch</b> Sliced Turkey Whole Wheat Bread Lettuce &amp; Tomatoes Potato Salad Fresh Fruit Brownie Iced Tea</p>
<p align="center">19 Beef Taco Salad 1 cup Lettuce &amp; Tomato 1/2 cup Spanish Rice 1/2 cup Corn Tortilla Chips 1/2 cup Pineapple Delight</p>	<p align="center">20 Homestyle Pot Roast w/ Gravy 1/2 cup Mashed Potatoes 1/2 cup Coin Carrots 1 White Bread Cookie</p>	<p align="center">21 1/2 cup Sweet &amp; Sour Chicken w/ 2 oz Sauce 1/2 cup Vegetable Rice Pilaf 1/2 cup Green Beans 1 Wheat Bread Seasonal Fresh Fruit <i>End of Summer Ball</i></p>	<p align="center">22 Penne &amp; Meatballs (4) 3/4 cup Pasta w/ Marinara Sauce 1 cup Tossed Salad 1 Garlic Breadstick 1/2 cup Applesauce  </p>	<p align="center">23 <b>24 Bagged Lunch</b> Italian Sandwich White Bread Lettuce &amp; Tomatoes Coleslaw Pasta Salad Fresh Fruit Lemonade</p>
<p align="center">26 Stadium Hotdog 2 oz Sauerkraut 1/2 cup Cheesy Potatoes 1 Hotdog Roll 1/2 cup Pineapples &amp; Mandarin Oranges</p>	<p align="center">27 Baked Cabbage Casserole w/ 2 oz. Tomato Sauce 1/2 cup Garlic Whipped Potatoes 1/2 cup Carrots 1 Dinner Roll Cookie</p>	<p align="center">28 Warm Roast Beef &amp; Cheddar Sandwich Roll 1/2 cup Buttered Noodles 1/2 cup Corn Seasonal Fresh Fruit</p>	<p align="center">29 <i>Party Day!</i> Salisbury Steak w/ Gravy Baked Potato w/ Sour Cream 1/2 cup Green Beans 1 Wheat Bread 1/2 cup Gelatin  <b>Cupcakes from Country Meadows</b></p>	<p align="center">30 <b>31 Bagged Lunch</b> Chicken Salad on Wheat Lettuce &amp; Tomatoes Macaroni Salad Pickled Beets Fresh Fruit Cookie Iced Tea</p>

\*Menu Subject to Change due to supply shortages out of our control.

\*\*\* Served daily: Milk and Margarine

Meals are served Mondays - Fridays from 11:30 am - 12 pm in the front office for "takeout lunch" & at noon in the cafeteria for "regular lunch". All members are eligible to sign up! Must preregister by **7 am** the day prior to coming into the center. Sign up on Copilot or by leaving a message on the machine at 717.225.0733 ext 105.