

September 2018	Congregate Meal Program	Suggested Donation \$2.25		
<p>3) Labor Day Senior Center Closed</p>	<p>4) Stuffed Shells w/ marinara sauce, broccoli, garden salad w/dressing, chilled pears & Vienna bread Cal: 736; Sod:941</p>	<p>5) Sliced Steak w/mixed green salad, tomato & cucumbers, veggie pasta salad, dressing, chilled pineapple & wheat bread Cal: 977; Sod: 438 Café: Pulled Pork Sandwich & coleslaw</p>	<p>6) Little Italy Chicken Parmesan w/fresh marinara, fettuccini noodles, zucchini & summer squash w/Parmesan cheese, tiramisu & garlic bread</p>	<p>7) Rib Q w/BBQ sauce, whipped potato, seasoned carrots, Jello & hamburger roll Cal: 639; Sod: 1174 Café: Pork Chops O'Brien w/green beans & a roll</p>
<p>10) Breaded Fish w/ tartar sauce, macaroni & cheese, broccoli, raisins & multigrain bread Cal: 757; Sod: 840</p>	<p>11) Turkey w/gravy, cranberry sauce, whipped potato, carrots, apple crisp & scali bread</p>	<p>12) Deviled Egg Salad w/lettuce leaf, chicken noodle soup w/crackers, tomato & cucumber salad, honey dew & hot dog roll Cal: 616; Sod: 901 Café: Polish Cabbage Rolls (galumpki's) w/ a crusty roll</p>	<p>13) Meatball Sub w/marinara sauce, sweet potato fries, garden salad, dressing, chilled pineapple & sub roll Cal: 616; Sod: 901</p>	<p>14) Chicken Fajita w/green pepper & onion, corn, seasoned black beans, salsa, flan style pudding & whole grain tortilla Cal: 719; Sod: 1037 Café: Zucchini Parmesan served w/garlic bread</p>
<p>17) Hamburger w/ ketchup, potato wedges, peas, yogurt & juice & hamburger bun Cal: 875; Sod: 1152</p>	<p>18) Travel Chef Breakfast for lunch Frittata w/sausage, peppers & onions, spinach salad w/ mandarins, citrus dressing, home fries, blueberry muffin & fruit salad</p>	<p>19) Baked Haddock w/lemon wedge, whipped potato, caesar salad, snack & loaf & multi grain bread Cal: 690; Sod: 1180 Café: Lasagna served w/side salad & breadstick</p>	<p>20) Lasagna w/marinara sauce, green beans, kale & white bean soup, crackers, cantaloupe & oatmeal bread Cal: 631; Sod: 864</p>	<p>21) Pineapple Chicken w/fried rice, carrots, chilled pineapple & white bread Cal: 782; Sod: 564 Café: Gourmet Grilled Cheese on artisan bread w/pecans & red pepper jelly served w/tomato bisque</p>
<p>24) Beef Stew w/peas & carrots, whipped potatoes, brownie & whole wheat roll Cal: 835; Sod: 683</p>	<p>25) Teriyaki Chicken Meatballs w/jasmine rice, mandarin veggie blend, chilled mandarin oranges & Vienna bread Cal: 627; Sod: 774</p>	<p>26) Turkey & Cheese Sandwich w/lettuce leaf & mayo, pasta salad, tomato soup, crackers, cantaloupe & wheat bread Cal: 790; Sod: 1076 Café: Italian Stromboli filled w/prosciutto, salami, mortadella & cheese served w/pasta vegetable salad</p>	<p>27) Orange Bourbon Chicken w/whipped potatoes, green beans, jello, white bread Cal: 607; Sod: 783</p>	<p>28) American Chop Suey w/onions & peppers, broccoli, mixed green salad w/ranch, raisins & whole wheat dinner roll Cal: 841; Sod:956 Café: Cheese Steak Sub w/peppers & onion, chips & a pickle</p>