

CONGREGATE MENUS-MEALS SERVED AT SENIOR CENTER menu 07/01/2019

*Skim Milk available with all meals, and will be served upon request.

Week 1-September 2nd-September 6th, 2019

Senior Center Closed in Honor of Labor Day No Meal	Salisbury steak cubed potatoes Peas and carrots Milk Margarine Whole Wheat bread Oatmeal Cookie 5044	Swedish Style Meatballs Noodles Broccoli Black Bean Blend Milk Margarine Whole Wheat Bread Moon pie Apple Juice 5062	Cheese lasagna Italian green beans Yellow squash Milk Margarine Whole wheat bread Cookie 5098	BBQ Pork Rib Patty Sweet Potatoes Greens Milk margarine Whole wheat bread Apple Juice 5030
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Week 2-September 9th-September 13th, 2019

Chicken Cacciatore Brussel Sprouts Yellow Squash Milk Margarine Whole Wheat bread Fruit cup 5060	Meatballs w Rice w Mushroom Gravy Zucchini Mixed vegetables Milk Margarine Whole wheat bread Orange juice 5094	Cheese Ravioli w marinara sauce, Cauliflower, Broccoli Milk Margarine Whole Wheat bread Apple juice Nutrigrain Bar 5079	Charbroiled Beef patty Mashed potatoes Peas and carrots corn Milk Margarine Whole Wheat bread Orange 5049	Chicken Rice w Mushroom Sauce w mozzarella cheese Broccoli Carrots Milk Margarine Raisins Apple juice 5066
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Week 3-September 16th-September 20th, 2019

Grilled Pork Patty Mashed Potatos w Mushroom Gravy Green beans CaliBlend Veggies Milk Margarine Whole wheat bread Nutrigrain bar 5031	Chicken Ala King Cheesy Cauliflower Brussel sprouts Milk Margarine Whole wheat bread Apple Sauce 5086	Southern Style Fish Over rice Green peas California blend Milk Margarine Whole Wheat bread Raisins 5099	Turkey dressing gravy Corn Green beans Milk margarine Whole wheat bread Nutrigrain bar Blended juice 5053	Sante Fe Chicken Lima Bean Blend Carrots Milk Margarine Whole Wheat bread Orange Juice 5093
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Week 4-September 23rd-September 27th, 2019

Cheddar Mac & Beef California Blend Peas w peppers and Onions Milk Margarine Whole wheat bread Oatmeal Cookie 5092	Spaghetti Meatballs Broccoli Black bean blend Milk Margarine Whole Wheat bread Fruit Cup 5043	Breaded Baked Fish Lima Beans Corn w peppers Milk Margarine Whole Wheat bread Raisins blended juice 5045	Chicken Teriyaki Over rice w veggies Green beans Yellow squash Milk Margarine Whole wheat bread Nutigrain bar Raisins 5054	Chicken Broccoli Alfredo Carrots Zucchini red peppers Milk Margarine Whole Wheat bread Apple Juice Moon Pie 5042
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