



REVISED

CONGREGATE MEAL MENU - September 2023

Metz Culinary Management

NOTE: The "light fare" meals were moved from Thursdays to Wednesdays. Other revisions are in red.



September 4

CLOSED – Labor Day



September 5

Pesto Chicken
Roasted Broccoli
Buttered Farfalle Pasta
Banana
Shortbread Cookie

September 6

Turkey & Cheddar
Sandwich
w/mayo/lettuce/tomato
Three Bean Salad
Fresh Apple

September 7

Herbed Petite Beef
Tenderloin w/Demi
Glace
Roasted Sunset Blend
Strawberry Spinach
Salad
Orzo
Gelatin

September 1

Asian-inspired Orange
Chicken
Broccoli
Asian Cucumber Salad
Vegetable Fried Rice
Sugar Cookie

September 8

Stuffed Cabbage
Mashed Potatoes
Zucchini Parmesan
Soup
Whole Wheat Bread
Vanilla Greek Yoghurt

September 11

Roast Pork
Peas & Pearl Onions
Cabbage & Noodles
Whole Wheat Bread
Watermelon

September 12

Chicken Marsala
Mashed Potatoes
Herbed Petite Green
Beans
Whole Wheat Bread
Chocolate Pudding

September 13

Summer Berry Salad
w/Chicken & Chow
Mein Noodles
Mango & Pineapple
Salad
Whole Wheat Bread
Sugar Cookie

September 14

Swedish Meatballs
Buttered Noodles
Baby Carrots
Fresh Fruit Salad

September 15

Pub Steakburger
Diced Potatoes
Broccoli Slaw
Fresh Cantaloupe

September 18

BBQ Beef Brisket
Herbed Petite Green
Beans
Mac & Cheese
Berry Medley
w/Yoghurt

September 19

Chicken Filet Parmesan
Zucchini Parmesan
Soup
Strawberry Spinach
Salad
Penne w/Sauce
Chocolate Chip Cookie

September 20

Tuna Club Sandwich
w/lettuce & tomato
Broccoli Slaw
Fresh Pear

September 21

Turkey Sausage,
Biscuits & Gravy
Diced Potatoes
w/Peppers & Onions
Fresh Apple

September 22

Meatloaf **w/Gravy**
Cheesy Mashed
Potatoes
Orange Herb Roasted
Beets
Whole Wheat Bread
Gelatin

September 25

Chicken Tenders
Cauliflower Cheddar
Bisque
Potato Wedges
Bread Slice
Fresh Fruit Salad

September 26

Italian Sausage
w/Peppers
Hot Dog Roll
Sauteed Spinach
Watermelon Salad
Oatmeal Raisin Cookie

September 27

Ham & Swiss
Sandwich
Three Bean Salad
Fresh Pineapple

September 28

Beef Stew
Baby Carrots
Mashed Potatoes
Biscuit
Vanilla Pudding

September 29

Lemon Pepper Cod
Brown Rice Pilaf
Tomato Bisque
Fresh Honeydew

All meals include a choice of milk. Menus are subject to change if necessary due to supply and/or emergency.

Please be advised that food served may contain one of the following ingredients: milk, egg, fish (cod, tilapia), crustacean shellfish (crab, shrimp), tree nuts (almonds, pecans, walnuts), wheat, peanuts, soybeans.