



CONGREGATE MEAL MENU - September 2024

Metz Culinary Management

September 2 Orange Chicken Vegetable Veggie Apple Labor Day Center Closed	September 3 Penne w/Meatballs Broccoli Carrot Coins Jell-o	September 4 Chicken BLT Salad w/Dressing Bread w/Margarine Fresh Fruit Salad	September 5 Vegetable Lasagna Carrots Roasted Red Peppers Bread w/Margarine Greek Yoghurt w/Berries	September 6 Pulled Pork Sandwich Coleslaw Chuckwagon Corn Fresh Cantaloupe
September 9 Chicken Filet Parmesan Zucchini Parmesan Soup Penne w/Sauce Strawberry Spinach Salad Chocolate Chip Cookie	September 10 Herb Baked Salmon Scalloped Potatoes Roasted Brussels Sprouts Bread w/Margarine Chocolate Pudding	September 11 Ham Salad Sandwich Broccoli Slaw Fresh Grapes	September 12 Maple Glazed Pork w/Cider Gravy Sweet Potato Cubes Brussels Sprouts Bread w/Margarine Oatmeal Cookie 	September 13 Pub Steakburger w/Cheese Carrots w/Ranch Dip Stuffed Pepper Soup Chocolate Pudding
September 16 Mojo Marinated Cod Coleslaw Corn & Sweet Potato Soup Cilantro Lime Brown Rice Fresh Clementine	September 17 Broccoli & Cheese Stuffed Chicken Wax Beans Creamy Spinach Orzo Pasta Diced Mango Sugar Cookie	September 18 Italian Sub Tossed Salad w/Dressing Fresh Apple	September 19 Petite Tenderloin Medallions Au Jus Mashed Potatoes Beets Bread w/Margarine Fresh Pear Chocolate Chip Cookie	September 20 Stuffed Pepper Steamed Broccoli Mashed Potatoes Bread w/Margarine Pound Cake
September 23 Sausage & Peppers w/Hoagie Roll Diced Potatoes Peppers & Onions Fresh Fruit Salad	September 24 Firehouse Chili Broccoli Brown Rice Bread w/Margarine Cantaloupe	September 25 Classic Cobb Salad Salad Greens w/Dressing Bread w/Margarine Fresh Orange	September 26 Stuffed Cabbage Roll Mashed Potatoes Green Beans Bread w/Margarine Greek Yoghurt w/Berries	September 27 Chicken w/Gravy Normandy Veggie Blend Buttered Penne Apple Slices Chocolate Chip Cookie
September 30 Swiss Steak Mashed Potatoes Broccoli Bread w/Margarine				

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.