

Congregate Senior Nutrition Program

September 2024 – Menu

2 – Monday CLOSED HAPPY LABOR DAY!!	3 – Tuesday Chicken and Noodles Seasoned Corn Cooked Spinach Vinegar Packet SF Chocolate Pudding Pears	4 – Wednesday Meatloaf w/gravy Whipped Potatoes w/gravy Seasoned Wax Beans Baked Apples Lorna Doones Bread	5 – Thursday Shredded Pork w/homemade BBQ Baked Beans Broccoli Cole Slaw Applesauce Bun	6 – Friday Beef Pot Roast w/gravy Whipped Potatoes w/gravy Zucchini and Tomatoes Apricots Lorna Doones Bread
9 – Monday Beef & Egg Noodles w/gravy Prince Edward Blend Lima Beans Applesauce Bread  CELEBRATE BDAYS	10 – Tuesday Sloppy Joe Roasted Sweet Potatoes Seasoned Peas Bun Apricots SF Vanilla Pudding	11 - Wednesday Lemon Thyme Chicken & Rice Pilaf Sliced Carrots Tossed Salad w/French Applesauce Bread	12 – Thursday Chicken Pot Pie Seasoned Broccoli Cauliflower Diced Peaches Graham Crackers 2 packs	13 - Friday Honey Sriracha Pork Garlic Green Beans White Rice Diced Pears Angel Food Cake
16 – Monday Goulash Green Beans Lorna Doones Canned Pears Breadstick	17 – Tuesday Beef Stew Seasoned Wax Beans Whipped potatoes w/gravy, Apricots SF Vanilla Pudding Biscuit Guest Speaker @ WD – Aissa & Hank Norris, 1912 Barn	 Ham & Beans & Salad Guest Speaker @ OX – Aissa & Hank Norris, 1912 Barn	19 – Thursday Honey Dijon Pork Roasted Sweet Potatoes Italian Vegetable Blend, Bread Applesauce Vanilla Wafers Guest Speaker @ SC – Aissa & Hank Norris, 1912 Barn	20 – Friday Tuna Noodle Casserole OR Turkey Patty w/gravy over White Rice Seasoned Broccoli Seasoned Cauliflower Mixed Fruit Graham Crackers Bread
23 – Monday Salisbury Steak w/gravy Zucchini & Tomatoes Whipped Potatoes w/gravy Applesauce Graham Crackers	24 – Tuesday Swiss Chicken Casserole Seasoned Peas and Carrots Seasoned Red Beets Diced Peaches SF Vanilla Pudding	25 – Wednesday Pork Loin w/gravy Bread Dressing w/gravy Spinach w/ vinegar pk Kidney Bean Salad Pineapple Lorna Doones	26 – Thursday Veggie Frittata w/cheese Potatoes O'Brien Sausage Apricots Bread	27 – Friday Meatloaf w/gravy Whipped Potatoes w/gravy Seasoned Wax Beans Mixed Fruit SF Chocolate Pudding Bread
30 – Monday Mexican Chicken and Rice w/cheese Corn Broccoli Mandarin Oranges Graham Crackers Salsa & Sour Cream	1 – Tuesday	2 – Wednesday	3 – Thursday	4 – Friday

**AQF desserts are diabetic-friendly treats for every palate. Our mixes are sugar free or no sugar added,

trans fat free, low cholesterol, low sodium and a good source of fiber. SF – sugar free ****Menu is subject to change****

All Meals served with 1% Milk/Tea/Water

SIGN UP 2 DAYS IN ADVANCE – 217-428-3459 / SUGGESTED DONATION \$4.00

(Full price \$7.50)