

Congregate City Fare Menu September 2023

Monday	Tuesday	Wednesday	Thursday	Friday
<p>9/4 CLOSED</p> 	<p>9/5 Eggplant Parmesan with Marinara Sauce and Mozzarella Cheese Capri Blend Veggies Peach Crisp Dinner Roll Fresh Apple</p>	<p>9/6 Pot Roast in Au Jus Roasted Baby Bakers Green Beans Pineapple Tidbits Giant Graham Fish</p>	<p>9/7 Tuna Salad on Kaiser Roll Lettuce & Tomato Tomato Vegetable Soup Fruit Cocktail Crackers</p>	<p>9/8 Chicken Drumsticks Sweet Potatoes Broccoli Spears Applesauce Apple Waffle Cookie</p>
<p>9/11 Meatloaf with Gravy Corn Nuggets Spinach Pineapple Tidbits</p>	<p>9/12 Grilled Chicken Breast on Mixed Salad w. Cucumber, Tomato & Carrot Beef & Vegetable Soup Blueberry Muffin Diced Peaches Yogurt Crackers</p>	<p>9/13 Stuffed Pepper Marinara Sauce Mashed Potatoes Green Beans White Wheat Bread Fresh Plum or Apple</p>	<p>9/14 Crab Cake on Brioche Bun Stewed Tomatoes Corn Fruit Cocktail Tartar Sauce</p>	<p>9/15 BBQ Texas Burger with Sauteed Onions, BBQ Sauce and Pepper Jack Cheese on a Hamburger Bun Lima Beans Fiesta Corn Mixed Fruit</p>
<p>9/18 Hamburger w. Cheddar on Hamburger Bun Lettuce, Tomato & Onion Sweet Potato Wedges Fresh Plum or Orange Ketchup</p>	<p>9/19 Flounder with Lemon & Parsley Sauce Macaroni & Cheese Stewed Tomatoes Fruit Cocktail Chocolate Chip Muffin</p>	<p>9/20 Cheese Pizza Salad with Carrots, Tomato and Garbanzo Beans Chocolate Ice Cream</p> <div style="text-align: center;">  </div>	<p>9/21 Salisbury Steak w. Gravy Baby Lima Beans Carrots Diced Pears Potato Bread</p>	<p>9/22 Pot Roast in Au Jus Baked Potato with Sour Cream California Blend Veggies Split Top Dinner Roll Strawberry Waffle Cookie</p>
<p>9/25 Cheese Ravioli in Meat Sauce Mixed Salad with Tomato & Cucumber Apple Crisp</p>	<p>9/26 Ham & Swiss on Club Roll with Lettuce, Tomato & Onion Coleslaw Pineapple Tidbits Mustard</p>	<p>9/27 BBQ Chicken Potato Salad with Egg Baked Beans Diced Peaches Giant Goldfish Graham</p> <div style="text-align: center;">  </div>	<p>9/28 Baked White Fish with Orange Butter Sauce Baby Potatoes Brussel Sprouts Mixed Fruit Dinner Roll</p>	<p>9/29 Turkey with Gravy Sweet Potatoes Green Beans 12 Grain Bread Pudding Cranberry Sauce</p>

- All meals subject to change. All meals contain 1% milk
- Meals are ordered according to projected number; over that number, back-up meals will be available.

- Saturday Mid Day meals served at St. Anthony's
- Tuesday Evening Meals served at St. Anthony's Senior Center