



September 2024



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
1 Chunky Chicken Salad Raisin Bread 3 Bean Salad Mandarin Orange Slices Crumb Cake	2 CLOSED Labor Day	3 Turkey Sausage Pierogies with Onions Baby Carrots Creamy Coleslaw Rye Bread Apple	4 Polynesian Chicken Saffron Rice Baby Peas Pineapple Chunks Wheat Bread Sandwich Cookies	5 Hamburger Macaroni & Cheese Succotash Cucumber Onion Salad Hamburger Bun Ice Cream Cup	6 Pot Roast w/Gravy Roasted Red Potatoes Creamed Spinach Beet Onion Salad Pumpnickel Bread Oatmeal Cookies	7 Ham & Swiss Cheese Wheat Bread Macaroni Salad Sliced Apples Plain Donut	
8 Egg Salad Kaiser Roll Carrot Raisin Salad Diced Pears Jello Cup	9 Stuffed Bell Pepper Rotini with Olive Oil Scandanavian Veg Blend Deluxe Fruit Salad Wheat Bread Frozen Yogurt Cup	10 Roast Turkey w/Gravy Herbed Stuffing Green Bean Casserole Swiss Salad w/Dressing Dinner Roll Pear	11 Swedish Meatballs Egg Noodles Broccoli Crowns Tri Color Lettuce Salad w/Dressing Rye Bread Apricots	12 Stuffed Flounder Filet Mashed Sweet Potatoes Stewed Tomatoes 3 Bean Salad Wheat Dinner Roll Tapioca Pudding	13 Sweet & Sour Chicken Wild Rice Blend Oriental Vegetable Blend Tropical Fruit Salad Raisin Bread Pound Cake	14 Seafood Salad Croissant Pasta Veggie Salad Fruit Cup Vanilla Pudding	
15 Turkey, Salami & Provolone Lettuce & Tomato Hoagie Roll Diced Peaches Brownie	16 Beef Stew with Gravy Mashed Potatoes Peas, Carrots & Onions Swiss Salad w/Dressing Buttermilk Biscuit Baked Apple	17 Pork Loin with Gravy Scalloped Potatoes Red Cabbage w/Apples Citrus Fruit Salad Dinner Roll Ice Cream Cup	18 Chicken Marsala Barley & Mushrooms Cauliflower Au Gratin Spinach Salad w/Drsg Wheat Roll Peach Cobbler	19 Stuffed Cabbage Smashed Red Potatoes Carrot Coins Cucumber Onion Salad Corn Bread Melon Chunks	20 Ham with Glaze Fettucine Alfredo Brussel Sprouts & Carrots Deluxe Fruit Salad Raisin Bread Fruit Danish	21 Tuna Salad Wheat Bread Chickpea Onion Salad Sliced Apples Chocolate Pudding	
22 Salami & Cheddar Cheese Rye Bread Potato Salad Fruit Cup Jello	23 Chicken Parmesan Spaghetti with Sauce Italian Veg Blend Caesar Salad w/Drsg Garlic Knot Shortbread Cookies	24 Salisbury Steak w/Gravy Herbed Mashed Potatoes Green & Yellow Squash Beet Onion Salad Wheat Roll Banana	25 Sweet Italian Sausage Italian Style Potatoes California Veggie Blend Mixed Lettuce Salad w/Drsg Hoagie Roll Seedless Grapes	26 Turkey Meatloaf Baked Beans Ratatouille Deluxe Fruit Salad Rye Bread Banana Pudding	27 Beef Burgundy Wide Noodles Mixed Vegetables Cucumber Onion Salad Dinner Roll Fig Bar	28 Liverwurst & Onions Rye Bread Cottage Cheese Mixed Fruit Cup Vanilla Wafers	
29 Cold Meatloaf Rye Bread Creamy Coleslaw Fruit Cup Granola Bar	30 Meatballs w/Sauce Stuffed Shells w/Sauce Italian Green Beans Lettuce Salad w/Drsg Italian Bread Chocolate Chip Cookie	Suggested donation is \$5.50 a meal. All menus are subject to change without notice. Milk and margarine/butter are included with each meal. No additional salt is added to any recipe. Diabetic desserts are available. Meals provide 1/3 recommended Dietary Reference Intakes (DRIs) for older adults. This program is partially funded by Title III of the Older Americans Act.				Milk and fruit juice served daily. Alternate Menu Meatloaf substitution is offered Monday through Friday. Please call 908-284-0735 to order.	

Please place an ICE PACK in your COOLER for your meal.
Ice keeps the cold portion of your food cold.