

CONGREGATE MEALS September 2019

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3	4	5	6
HSC CLOSED Labor Day	Chicken Parmesan w/ Pasta Green Bean Salad	Meatloaf Roasted Carrots or Brussel Sprouts Whole Wheat Roll	Turkey Sweet Potatoes Mashed Potatoes Whole Wheat Roll	Alaskan Halibut Tacos Cabbage Refried Beans Whole Wheat Shells
9	10	11	12	13
Stuffed Shells w/ Meat or Squash Brussels Sprouts Spinach, Garlic Bread	Balsamic Roast Chicken Carrots Quinoa	Spaghetti w/ Italian Sausage Green & Yellow Peppers Zucchini Garlic Bread	Walnut Crusted Pork Roast Mashed Potatoes Squash Whole Wheat Roll	Shrimp Scampi Peas Whole Wheat Linguini
16	17	18	19	20
Shepard's Pie Cranberry Sauce Peas Carrots	Honey Dijon Chicken Potatoes Broccoli Cous Cous	Pork Shoulder w/ Black Currant Jam Sauce Brown Rice or Forbidden Rice	Baked Ham Scalloped Potatoes Spinach or Cabbage Whole Wheat Roll	Seafood Linguini w/ Tomato Chickpea Salad
23	24	25	26	27
Baked Ziti, Ground Beef w/ Alfredo Sauce Broccoli	Roast Chicken Roasted Carrots Roasted Asparagus Rice Pilaf	BBQ Beef Brisket Potato Salad Pinto Beans Whole Wheat Roll	Turkey Sweet Potatoes Mashed Potatoes Whole Wheat Roll	Cod w/ Lemon & Capers Jamaican Cabbage, Green Peppers Potatoes Whole Wheat Roll
30				
Chicken Pot Pie French Bread				

Meals are served 12 —1:30 p.m.
\$7 for seniors 60+ Suggested donation
\$15 for guests under 60

Milk, Bread or Rolls are available everyday