



LUNCH MENU • SEPTEMBER 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5 All Centers Closed for Labor Day	6 Grilled Stuffed Salmon 19 Roasted Peppers, Onions, Potatoes 16 Broccoli 6 Fresh Pear 23 Naan Bread 20	7 Lemon Pepper Chicken 1 Parsley Potatoes 20 Asparagus 4 Ambrosia Salad 31 Chocolate Chip Cookie 18	8 Ham Steak 5 Pineapple Sauce 8 Baked Potato 18 Green Beans 6 Orange 14 Triple Chocolate Cookie 31	9 Chicken Bowl 42 Roasted Rainbow Carrots 9 Tossed Salad 3 Banana 27
12 <u>PATRIOT DAY LUNCH</u> Sloppy Joe 31 Roasted Red Potatoes 24 Coleslaw 9 Melon 9 Almond Lemon Bar 23	13 Creamy Chicken 5 Creamy Chicken Bread Dressing 11 Parsley Potatoes 20 Dilled Carrots 9 Strawberry Angel Food Shortcake 41	14 Pork & Sage Sausage 3 Red Cabbage 17 Red Potatoes 20 Apple 21 Multi-Grain Swirl Bread 23	15 Chicken Parmesan 11 Penne 22 Wax Beans 10 Peaches 14 Tossed Salad 1 Bread Stick 14	16 Baked Cod 4 Macaroni & Cheese 18 Asparagus 4 Confetti Bean Salad 16 Grapes 16
19 Chicken Nuggets 21 Orange Sauce 16 Brown Rice 27 Broccoli 6 Blueberries 15 Fortune Cookie 3	20 Pork Marsala 4 Noodles 19 Creamed Peas 17 Peach Crisp 34 Tossed Salad 1 Wheat Roll 12	21 Meatloaf 14 / Gravy 4 Mashed Potatoes 16 Wax Beans 10 Apricots 17 Hawaiian Roll 19	22 Potato Crunch Pollock 13 Ranch Potatoes 18 Dilled Carrots 9 Strawberries 7 Key Lime Coconut Sheet Cake 44	23 Smothered Chicken 7 Parsley Potatoes 20 Green Beans 6 Blueberry Pie 43 Wheat Roll 12
26 Cheddar Burger w/ Fried Onions 3 Hamburger Bun 25 Ranch Potatoes 18 Cukes 'n Vinegar 7 Molded Applesauce Salad 22	27 Pollock Fillet 21 Baked Potato 18 Whole Green Beans 6 Greek Pasta Salad 26 Grapes 16	28 Pulled Pork 10 / Bun 25 Roasted Red Potatoes 24 Cauliflower w/ Butter Parsley Sauce 5 Fresh Blueberries 15	29 Fiesta Chicken 22 Brown Rice 27 Corn 23 Tossed Salad 3 Kiwi 11	30 Roast Beef 2 Beef Gravy 4 Mashed Potatoes 16 Dilled Carrots 9 Strawberries 7 French Bread Roll 19

All meals served at 11:30 am at the Activity & Dining Centers. To reserve a lunch by 9 am call the Center you will attend: Sanford: (989) 687-7888 • Coleman: (989) 465-6216
 Trailside: (989) 633-3790 • Mills: (989) 633-3788 • Greendale: (989) 832-8683. Meals on Wheels Hotline: Call 989-633-3789 for changes in delivery by 9 am. Reservations are required. Menus subject to change without notice. Numbers after each menu item indicate the number of carbohydrates in grams for that item. Milk (13) is served with each meal.