

# SEPTEMBER | 2021



## Main Menu

### MONDAY

### TUESDAY

### WEDNESDAY

### THURSDAY

### FRIDAY

<p><b>20</b> ***The Numbers reflect the carb count for each meal. 1 carb count = 15g of carbohydrates</p>	<p><b>31</b></p>	<p><b>1</b> Cavatappi Garlic Bread Lima Beans Salad Applesauce 6</p>	<p><b>2</b> Pork Chop Suey White Rice Corn Summer Squash Ambrosia Wheat Bread/Margarine 6</p>	<p><b>3</b> Tilapia Parsley Noodles Broccoli Coleslaw Peaches 4</p>
<p><b>6</b> AGEWELL CLOSED</p>	<p><b>7</b> Scalloped Potatoes W/Ham Mixed Vegetables Fruit Cobbler Watermelon 7</p>	<p><b>8</b> Spaghetti &amp; Meat sauce Garlic Bread Brussel Sprouts Carrots Fruited Jell-O 6</p>	<p><b>9</b> Oven Fried Fish Baked Potato Coleslaw Spiced Apples 6</p>	<p><b>10</b> Swedish Meatballs Noodles Spinach Pineapple Tidbits Bread Pudding 7</p>
<p><b>13</b> Chicken Bowtie Pasta Carrot Raisin Salad Mixed Fruit Sweet Bread 6</p>	<p><b>14</b> Macaroni &amp; Cheese Side Salad Asparagus Beets Fruit Crisp 7</p>	<p><b>15</b> Oven Fried Chicken Red Roasted Potatoes Sautéed Cabbage Applesauce Corn Muffin &amp; Margarine 6</p>	<p><b>16</b> Walking Taco Mexican Rice Corn W/Peppers Fresh Fruit 7</p>	<p><b>17</b> Meatloaf &amp; Gravy Mashed Potato Peas Normandy Veggies Peaches Sweet Bread &amp; Margarine 5</p>
<p><b>20</b> Citrus Salmon Brown Rice Green Beans Beets Mandarin Oranges Wheat Roll &amp; Margarine 6</p>	<p><b>21</b> Salisbury Steak &amp; Gravy Mashed Potato Peas Fruit Cobbler Fruit Cocktail 8</p>	<p><b>22</b> Hamburger Bun Red Skin Potatoes Broccoli Pears 6</p>	<p><b>23</b> Stuffed Chicken Rice Pilaf Corn Carrots Fresh Fruit Birthday Cake 7</p>	<p><b>24</b> Polish Sausage Hot Dog Bun Sauerkraut Asparagus Applesauce 4</p>
<p><b>27</b> Bourbon Chicken White Rice Squash Three Bean Salad Fruit Crisp 8</p>	<p><b>28</b> Pork Chops &amp; Gravy Mashed Potato Corn Peaches Wheat Bread &amp; Margarine 5</p>	<p><b>29</b> Chicken Wings Baked Potato Sautéed Cabbage Tomato Salad Fruited Jell-O 5</p>	<p><b>30</b> Hot Dog Hot Dog Bun Peas Cauliflower Fresh Fruit Fig Newton 6</p>	<p><b>1</b></p>

### Menu

Includes Low Fat Milk

Meals Include 1/3 of the Recommended Daily Allowance (RDA)

Meals Subject to Change  
9-23 Birthday Celebration

Reminder: Due to COVID-19 Delivery Drivers will be taking precautions. Please note:

- Drivers will wear masks and sanitize between each delivery
- Drivers will leave meals on your patio or porch
- They will knock or ring your doorbell to let you know your meal is there

They will wait until they see you are home before leaving the meal



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