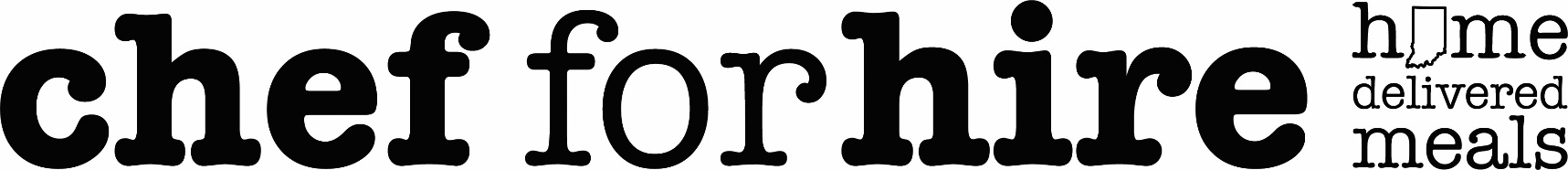
**September 2023 adult day cares**



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| Monday | Tuesday | Wednesday | Thursday | Friday |
| A picture containing text  Description automatically generated | **Cultural Meal Day** |  |  | 1  Country Fried Steak 3oz  w/Gravy 4oz  Spinach ½ cup  Baked Potato 1 each  w/Smart Balance  wheat brad 1 each  Tropical Fruit 4oz  Milk 8oz |
| 4- Happy Labor Day!  *Meal Sites Closed* | **5**  Chicken Parmesan 3oz  Key West Blend ½ cup  Roasted Redskin ½ cup  Potatoes  Wheat Bread 1 slice  Mango Cup ½ cup  Milk 8oz | **6**  **Lasagna 2oz w/ Vegetable Marinara**  **Diced Carrots ½ cup**  **Lima Beans ½ cup**  **Wheat roll 1 each**  **Diced Pineapple ½ cup**  **Milk 8oz** | 7  Grilled Chicken 3oz  w/Salsa & Cheese  Black Beans ½ cup  Diced Carrots ½ cup  Corn Muffin 2 each  Mandarin Oranges ½ cup  **Milk 8oz** | 8  **Pollock Almondine 3oz**  **California Blend ½ cup**  **Scalloped Potatoes ½ cup**  **Diced Peaches ½ cup**  **Wheat Bread 1 each**  Milk 8oz |
| 11  **Oven Fried Chicken 3oz**  **Collard Greens ½ cup**  **Whipped Sweet Potatoes**  **½ cup**  **Wheat bread 1 slice**  **Orange Juice 4oz**  **Milk 8oz** | 12  Country Ham &  Beans 1 cup  Diced Carrots ½ cup  Diced Beets ½ cup  Corn Bread 2 each  Mixed Fruit1/2 cup  Milk 8oz | 13  Smoked Sausage 1 each  w/Peppers & Onions  Peas 4oz  Roasted Potatoes 4oz  Wheat Bread 1 each  Strawberry  Applesauce 4oz  Milk 8oz | 14  **Vegetarian Chili 1 cup**  **California Blend Vegetables ½ cup**  **Roasted Sweet Potatoes ½ cup**  **Cornbread 2 each**  **Tropical Fruit ½ cup**  Milk 8oz | 15  **Italian Bowtie**  **Pasta w/ Beef 2oz**  **Broccoli w/ Red**  **Peppers ½ cup**  **Green Beans ½ cup**  **Applesauce 4oz**  **Milk 8oz** |
| 18  Grilled Hamburger 3oz  Mac & Cheese ½ cup  Festive Green  Beans ½ cup  Pineapple 4oz  Wheat Bun 1 each  Milk 8oz | 19  Beef Over  Egg Noodles 1 cup  Mixed Greens ½ cup  Diced Carrots ½ cup  Wheat Roll 1 each  Applesauce 4oz  **Milk 8oz** | 20  Sliced Turkey Over 2oz  Southwest Pasta 1 cup  Peas ½ cup  Corn ½ cup  Pudding 4oz  Milk 8oz | **21**  Bagel w/  Sausage Egg & 2oz  Cheese  Roasted Sweet ½ cup  Potatoes  Sliced Apples ½ cup  Milk 8oz | **22**  Beef Stew 2oz  Corn ½ cup  Turnip Greens ½ cup  Wheat Bread 2 slices  Diced Peaches ½ cup  Milk 8oz |
| **25**  Smothered  Chicken Breast 3oz  White Rice Pilaf ½ cup  Key West Vegetables ½ cup  Wheat Bread 1 slice  Birthday Treat 1 each  Milk 8oz | **26**  **Meatloaf w/Gravy 3oz**  **Brussels Sprouts ½ cup**  **Mashed Potatoe ½ cups**  **Wheat Bread 2 slice**  **Mandarin Oranges ½ cup**  **Milk 8oz** | **27**  **Indiana Style**  **Chili Mac 2oz**  **Mixed Vegetables ½ cup**  **Applesauce ½ cup**  **Corn Bread 1 each**  **Milk 8oz** | 28  Enchilada  Bowl 3oz  Fajita Veg ½ cup Blend  Cilantro Lime Rice ½ cup  Mango cup ½ cup  Milk 8oz | **29**  **Spaghetti/meatballs 2oz**  **Parmesan Cheese**  **California Veg ½ cup**  **Blend**  **Italian Cut**  **Green Beans ½ cup**  **Mandarin Orange ½ cup**  **Milk 8oz** |

\*Menus are subject to change based on product availability.