**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 4ozSpinach ½ cupBaked Potato 1 eachw/Smart Balancewheat brad 1 eachTropical Fruit 4ozMilk 8oz |
| 4- Happy Labor Day!*Meal Sites Closed* | **5**Chicken Parmesan 3ozKey West Blend ½ cupRoasted Redskin ½ cupPotatoesWheat Bread 1 sliceMango Cup ½ cupMilk 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** | 7Grilled Chicken 3oz w/Salsa & CheeseBlack Beans ½ cupDiced Carrots ½ cupCorn Muffin 2 eachMandarin 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** | 12Country Ham &  Beans 1 cupDiced Carrots ½ cupDiced Beets ½ cupCorn Bread 2 eachMixed Fruit1/2 cupMilk 8oz | 13Smoked Sausage 1 each w/Peppers & OnionsPeas 4ozRoasted Potatoes 4ozWheat Bread 1 eachStrawberry Applesauce 4ozMilk 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**  |
| 18Grilled Hamburger 3ozMac & Cheese ½ cupFestive Green  Beans ½ cupPineapple 4ozWheat Bun 1 eachMilk 8oz | 19Beef Over Egg Noodles 1 cupMixed Greens ½ cupDiced Carrots ½ cupWheat Roll 1 eachApplesauce 4oz**Milk 8oz** | 20Sliced Turkey Over 2oz Southwest Pasta 1 cupPeas ½ cupCorn ½ cupPudding 4ozMilk 8oz | **21**Bagel w/Sausage Egg & 2oz CheeseRoasted Sweet ½ cup PotatoesSliced Apples ½ cupMilk 8oz | **22**Beef Stew 2ozCorn ½ cupTurnip Greens ½ cupWheat Bread 2 slicesDiced Peaches ½ cupMilk 8oz |
| **25**Smothered Chicken Breast 3ozWhite Rice Pilaf ½ cupKey West Vegetables ½ cupWheat Bread 1 sliceBirthday Treat 1 eachMilk 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** | 28Enchilada Bowl 3ozFajita Veg ½ cup BlendCilantro Lime Rice ½ cupMango cup ½ cupMilk 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.