



SEPTEMBER 2019 CONGREGATE MENU



PROVIDED BY BARRY COUNTY COMMISSION ON AGING 269 948-4856

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|--|---|---|---|
| 2 | 3 | 4 | 5 | 6 |
| ALL SITES CLOSED  HAPPY LABOR DAY NO MEAL DELIVERY | Chicken Fritters Potato Salad Mixed Vegetables Apple | Hot Dog Tator Tots Seasoned Green Beans Bun Orange | Swiss Steak Mashed Potatoes & Gravy Sauteed Spinach Cornbread Cantaloupe | Sloppy Jo Coleslaw Potato Wedges Bun Fruited Jello |
| 9 | 10 | 11 | 12 | 13 |
| Sliced Turkey Mashed Potatoes & Gravy Brussels Sprouts Orange | Pulled Pork Roasted Red Potatoes Broccoli Bun Pineapple | Potato Crunch Pollock Macaroni & Cheese Corn on the Cob Seasoned Green Beans Watermelon | Broccoli Stuffed Chicken Mashed Red Potatoes Italian Blend Vegetables Fruited Jello | Salisbury Steak Baked Potato Peas Whole Grain Roll Grapes |
| 16 | 17 | 18 | 19 | 20 |
| Meatloaf Mashed Potatoes & Gravy Seasoned Green Beans Orange | BBQ Chicken Thigh Brown Rice Broccoli Mixed Vegetables Apple | Tuna Noodle Caserole Tossed Salad Banana | Beef Stew Tossed Salad Dinner Roll Ambrosia | Burrito Bake Fiesta Corn Broccoli Grapes |
| 23 | 24 | 25 | 26 | 27 |
| Roast Beef Mashed Potatoes & Gravy Broccoli Whole Grain Roll Apple | Fiesta Lime Chicken Brown Cilantro Rice Cauliflower Baby Carrots Peaches | Baked Potato Bar Broccoli Cheese Soup Tossed Salad Banana | VOLUNTEER LUNCHEON  CONGREGATE SITES CLOSED | Spaghetti with Meat Sauce Tossed Salad Texas Toast Fruited Jello |
| 30 | | | | |
| Beef Stew Tossed Salad Dinner Roll Orange |  | Grandparents' Day  September 8th | Your donation helps us feed more seniors! 948-4856 |  |