

DC Office on Aging: Congregate Meal Service - September 2012

Monday	Tuesday	Wednesday	Thursday	Friday
<p style="text-align: center;">3</p> 	<p style="text-align: center;">4</p> <p>Turkey Pot Roast Sweet Potatoes Green Beans Tossed Salad Cornbread Margarine Peaches 1% Plain Milk (8-oz)</p>	<p style="text-align: center;">5</p> <p>Pepper Steak Brown Rice Squash Medley Brussel Sprouts Whole Wheat Roll Margarine Fruit Cocktail 1% Plain Milk (8-oz)</p>	<p style="text-align: center;">6</p> <p>Parmesan Chicken Pasta Broccoli Tossed Salad Breadstick Margarine Fresh Banana 1% Plain Milk (8-oz)</p> 	<p style="text-align: center;">7</p> <p>Meatloaf AuGratin Potatoes Lima Beans Tossed Salad Corn Muffin Margarine Cinnamon Applesauce 1% Plain Milk (8-oz)</p>
<p style="text-align: center;">10</p> <p>Cheese Manicotti w/ Meatsauce Corn Tossed Salad Breadstick Margarine Pineapple 1% Plain Milk (8-oz)</p>	<p style="text-align: center;">11</p> <p>Lemon Pepper Chicken White Rice Spinach Kidney Beans Whole Wheat Roll Margarine Applesauce 1% Plain Milk (8-oz)</p> 	<p style="text-align: center;">12</p> <p>BBQ Beef Roasted Potatoes Collard Greens Baked Beans Cornbread Margarine Fresh Banana 1% Plain Milk (8-oz)</p>	<p style="text-align: center;">13</p> <p>Cajun Fish Macaroni and Cheese Black-eyed Peas Tossed Salad Whole Wheat Bread Margarine Pears 1% Plain Milk (8-oz)</p>	<p style="text-align: center;">14</p> <p>Oven Fried Chicken Wild Rice Blend Okra and Tomatoes Tossed Salad Corn Muffin Margarine Tropical Fruit Cup 1% Plain Milk</p> 
<p style="text-align: center;">17</p> <p>Roast Beef with Gravy Mashed Potatoes Glazed Carrots Tossed Salad Biscuit Margarine Fruit Cocktail 1% Plain Milk (8-oz)</p>	<p style="text-align: center;">18</p> <p>Baked Chicken w/ Mushrooms Rice Pilaf Lima Beans Squash Medley Corn Muffin Margarine Fresh Banana 1% Plain Milk (8-oz)</p>	<p style="text-align: center;">19</p> <p>Spaghetti and Meatballs Green Beans Tossed Salad Breadstick Margarine Cinnamon Applesauce 1% Plain Milk (8-oz)</p> 	<p style="text-align: center;">20</p> <p>Turkey Chops w/ Gravy Red Potatoes Corn Brussel Sprouts Cornbread Margarine Peaches 1% Plain Milk (8-oz)</p>	<p style="text-align: center;">21</p> <p>Teriyaki Chicken Brown Rice Oriental Vegetables Egg Roll w/ Duck Sauce Whole Wheat Roll Margarine Mandarin Oranges 1% Plain Milk (8-oz)</p>
<p style="text-align: center;">24</p> <p>Turkey Tetrizzini Broccoli Tossed Salad Breadstick Margarine Pears 1/2-cup 1% Plain Milk (8-oz)</p> 	<p style="text-align: center;">25</p> <p>Salisbury Steak w/ Gravy Red Potatoes Collard Greens Carrots Corn Muffin Margarine Pineapple 1% Plain Milk (8-oz)</p>	<p style="text-align: center;">26</p> <p>Lemon Fish Wild Rice Blend Cabbage Field Peas Whole Wheat Roll Margarine Tropical Fruit Cup 1% Plain Milk (8-oz)</p>	<p style="text-align: center;">27</p> <p>Cheeseburger Whole Wheat Bun Potato Wedges Tossed Salad Ketchup/Mustard Packets Applesauce 1/2-cup 1% Plain Milk (8-oz)</p>	<p style="text-align: center;">28</p> <p>BBQ Chicken Sweet Potatoes Brussel Sprouts Tossed Salad Cornbread Margarine Fresh Banana 1% Plain Milk (8-oz)</p> 

Menu Subject to Change Due to Availability and Seasonality of Products

