



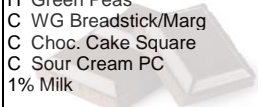





**Eastern Office on Aging
Congregate Grab and Go Meals
September 2023**

					Friday 9/1/2023 H Grilled Chicken Sandwich H Broccoli H Potato Wedges C WG Hamburger Bun C Oatmeal Cream Pie 1% Milk 
	Monday 9/4/2023 	Tuesday 9/5/2023 National Cheese Pizza Day H Hamburger Pizza Pasta w/ Pepperoni & WG Pasta H Green & Gold Beans H Cauliflower C Vanilla Pudding 1% Milk 	Wednesday 9/6/2023 H Oven Fried Chicken Breast H Mashed Potatoes & Gravy H Peas & Carrots C WG Dinner Roll/Marg C Fresh Orange 1% Milk	Thursday 9/7/2023 Nat. Yellow Squash Day H Meatloaf with Tomato Gravy H 1/2 Baked Potato H Yellow Squash & Zucchini C 100% Wheat Bread/Marg C Cookie C Sour Cream PC 1% Milk 	Friday 9/8/2023 H Potato Crusted Fish H Chuckwagon Corn H Potato Medley C WG Petite Roll/Marg C Pineapple Tidbits C Tartar Sauce 1% Milk
Monday 9/11/2023 Patriot Day H Sliced Roast Beef & Gravy H Mashed Potatoes H Diced Beets C WG Bread Slice/Marg C Apple Cobbler 1% Milk	Tuesday 9/12/2023 H All Beef Jumbo Frank H Potato Wedges H Diced Carrots C WG Hot Dog Bun C Mandarin Oranges 1% or Skim Milk	Wednesday 9/13/2023 International Chocolate Day H Pork Fritter & Gravy H 1/2 Baked Potato H Green Peas C WG Breadstick/Marg C Choc. Cake Square C Sour Cream PC 1% Milk 	Thursday 9/14/2023 H Cheesy Broccoli Chicken Breast H Brown Rice Pilaf H Honey Roasted Baby Carrots C WG Dinner Roll/Marg C Tropical Fruit Mix 1% Milk	Friday 9/15/2023 H Sloppy Joe Sandwich H Au gratin Potatoes H Green Beans C WG Hamburger Bun C Fruit Mix 1% Milk	
Monday 9/18/2023 Nat. Cheeseburger Day H Hamburger Patty H Potato Wedges H Broccoli C Lettuce & Tomato C WG Hamburger Bun C Cookie 1% Milk 	Tuesday 9/19/2023 Butterscotch Pudding Day H Chicken Marsala H Diced Sweet Potatoes H Zucchini & Tomatoes C WG Dinner Roll/Marg C Butterscotch Pudding 1% Milk	Wednesday 9/20/2023 H Taco Joe Sandwich H Potato Wedges H Fiesta Corn C WG Hamburger Bun C Peaches & Strawberries 1% Milk 	Thursday 9/21/2023 H 10 Grain Fish H Twice Baked Mash Potatoes H Green Beans C WG Dinner Roll/Marg C Apricot Halves C Tartar Sauce PC 1% Milk	Friday 9/22/2023 H Salisbury Steak in Gravy H Cheesy Hashbrowns H Peas & Carrots C WG Bread Slice/Marg C Mandarin Oranges 1% Milk 	
Monday 9/25/2023 H Sliced Turkey & Gravy H Twice Baked Mashed H Broccoli Cuts C WG Dinner Roll/Marg C Fruit Cocktail 1% Milk	Tuesday 9/26/2023 H Ham & Beans H Carrot Coins H Applesauce C Mixed Greens Salad C Dressing PC C Cornbread/Marg 1% Milk	Wednesday 9/27/2023 H Pulled Pork Sandwich H Scalloped Potatoes H Broccoli C Kaiser Bun C Sliced Pears 1% Milk	Thursday 9/28/2023 H Cheeseburger Macaroni with WG Elbow Noodles H Broccoli H Peas & Carrots C WG Breadstick/Marg C Fruit Cocktail 1% Milk	Friday 9/29/2023 H Chicken Piccata H Brown Rice Pilaf H Winter Blend Veggies C Marble Bread Slice/Marg C Chocolate Pudding 1% Milk	

Menus are subject to Change

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