

September 2024 - Cogswell & Forman

Home Delivered Meals, Carry Out Meals, and Congregate Meals are a suggested donation of \$4.00 per meal for people 60+ and their spouse of any age.

Under 60 is a charge of \$9.00 per meal.

All meals include 1% milk. Menus are subject to change.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 CLOSED	3 Sloppy Joe / Bun Peas Tator Tots Tropical Fruit	4 Country Fried Steak / Gravy Rosemary Potatoes Parslied Carrots Banana Bread x1	5 Chicken Monterey Brown Rice Prince Edward Veggie 1 cup Watermelon Breadstick	6 Taco Casserole Spanish Rice Refried Beans Whole Kernel Corn Pineapple
9 Oven Fried Chicken Chive Mashed Potatoes Seasoned Green Beans Peaches Cornbread Poultry Gravy	10 House Salad Swedish Meatballs Egg Noodles California Blend Veggies Cranberry Velvet WW Roll	11 BBQ Pork Ribs Cheesy Hashborwns Carrots Corn Muffin Angel Food Cake Berries w/ whip	12 Hamburger on Bun Lettuce,Tomato,onion Confetti Coleslaw Potato Wedges Baked Apple	13 CLOSED
16 French Dip Sandwich Red Potatoes / Garlic Sweet & Sour Beets Applesauce	17 Chicken BLT Salad Fruit Cocktail Bread x2	18 Garlic Steak Bites Glazed Sweet Potatoes Broccoli w/Onions& Peppers Blueberries Bread x2	19 Italian Pasta Bake House Salad Capril Blend Veggies Grapes Bread x1	20 CLOSED
23 BBQ Meatloaf Baked Potato Baked Beans Orange	24 Honey Roast Pork Chop Stewed Tomatoes Mixed Veg Hot Spiced Apples WW Dinner Roll	25 Roast Beef & Gravy Roasted Red Potatoes Zucchini Cherries Bread x2	26 Stuffed Peppers Tomato Sauce Mashed Potatoes Pineapple Breadstick	27 CLOSED
30 Parmesan Chicken Pasta / Marinara Caribbean Blend Veggies - 1 Cup Garlic Bread Cantaloupe				

September 2024 - Milnor

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 CLOSED	3 French Dip Sandwich Red Potatoes / Garlic Sweet & Sour Beets Applesauce	4 Country Fried Steak / Gravy Rosemary Potatoes Parslied Carrots Banana Bread x1	5 Chicken Monterey Brown Rice Prince Edward Veggie 1 cup Watermelon Breadstick	6 Taco Casserole Spanish Rice Refried Beans Whole Kernel Corn Pineapple
9 CLOSED	10 House Salad Swedish Meatballs TriColor Rotini California Blend Veggies Cranberry Velvet WW Roll	11 BBQ Pork Ribs Cheesy Hashborwns Carrots Corn Muffin Angel Food Cake Berries w/ whip	12 Confetti Coleslaw Hamburger on Bun Potato Wedges Lettuce,Tomato,onion Baked Apple	13 Baked Fish w/Dill Sauce Italian Pasta Salad Italian Blend Veggies Pears WG Breadstick
16 CLOSED	17 BBQ Meatloaf Baked Potato Baked Beans Orange	18 Garlic Steak Bites Glazed Sweet Potatoes Broccoli w/Onions& Peppers Blueberries Bread x2	19 Italian Pasta Bake House Salad Capril Blend Veggies Grapes Bread x1	20 Chicken BLT Salad Fruit Cocktail Bread x2
23 CLOSED	24 Parmesan Chicken Pasta / Marinara Caribbean Blend Veggies - 1 Cup Garlic Bread Cantaloupe	25 Roast Beef & Gravy Roasted Red Potatoes Zucchini Cherries Bread x2	26 Herbed Fish Potatoes & Onions Key Biscayne Blend Veggies CranApple Cobbler Bread x1	27 Stuffed Peppers Tomato Sauce Mashed Potatoes Pineapple Breadstick
30 CLOSED				

September 2024 - Rutland

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9 Oven Fried Chicken Chive Mashed Potatoes Seasoned Green Beans Peaches Cornbread Poultry Gravy	10 House Salad Swedish Meatballs TriColor Rotini California Blend Veggies Cranberry Velvet WW Roll	11 BBQ Pork Ribs Cheesy Hashborwns Carrots Corn Muffin Angel Food Cake Berries w/ whip	12 Hamburger on Bun Lettuce,Tomato,onion Confetti Coleslaw Potato Wedges Baked Apple	13 CLOSED
16 French Dip Sandwich Red Potatoes / Garlic Sweet & Sour Beets Applesauce	17 Teriyaki Chicken Sesame Brown Rice Asian Blend Veggies Vegetable Egg Roll Peach Crisp	18 Garlic Steak Bites Glazed Sweet Potatoes Broccoli w/Onions& Peppers Blueberries Bread x2	19 Italian Pasta Bake House Salad Capril Blend Veggies Grapes Bread x1	20 CLOSED
23 BBQ Meatloaf Baked Potato Baked Beans Orange	24 Honey Roast Pork Chop Stewed Tomatoes Mixed Veg Hot Spiced Apples WW Dinner Roll	25 Roast Beef & Gravy Roasted Red Potatoes Zucchini Cherries Bread x2	26 Herbed Fish Potatoes & Onions Key Biscayne Blend Veggies CranApple Cobbler Bread x1	27 CLOSED
30 Parmesan Chicken Pasta / Marinara Caribbean Blend Veggies - 1 Cup Garlic Bread Cantaloupe				