

**CHENANGO COUNTY AREA AGENCY ON AGING
MONTHLY MENU - SEPTEMBER 2010**

* Menu subject to change without notice

(N) Indicates No Concentrated Sweets/Diabetic

<u>Suggested Contribution Per Meal</u>			
Home Delivered	\$3.00	Congregate (Lunch)	\$3.00
Breakfast	\$2.00	Congregate (Evening)	\$3.50

Any contribution you wish to make is voluntary and will be used to support the program. Anyone who does not contribute will not be denied a service. For your convenience, we will be providing self-addressed, postage-paid envelopes each month for the home delivery program participants.

WEDNESDAY, SEPTEMBER 1

Shepherd's Pie
Spinach
Carrot Coins
Fruit Juice
Whole Wheat Bread
Chef's Mixed Fruit

THURSDAY, SEPTEMBER 2

Meat Lasagna
Chateau Blend Vegetables
Extra Vegetable (HDM Only)
Tossed Salad (Centers Only)
Warmed Garlic Bread (Centers Only)
Italian Bread (HDM Only)
Apple Pie w/Topping
Apple Crisp w/Topping (N & HDM Only)

FRIDAY, SEPTEMBER 3

Roast Pork w/Gravy
Yukon Gold Mashed Potatoes
Capri Blend Vegetables
Tossed Salad (Centers Only)
Dinner Roll
Carrot Cake w/Cream Cheese Frosting
(N) Version w/Topping

SATURDAY, SEPTEMBER 4 (HDM ONLY)

Pot Luck Meal

SUNDAY, SEPTEMBER 5 (HDM ONLY)

Pot Luck Meal

**MONDAY, SEPTEMBER 6 (CLOSED-
LABOR DAY) (HDM ONLY)**

Pot Luck Meal

TUESDAY, SEPTEMBER 7

Swedish Meatballs
Egg Noodles
Brussels Sprouts
Multigrain Bread
Birthday Cake (Also for N)
Fresh Fruit

WEDNESDAY, SEPTEMBER 8

Macaroni & Cheese
Tomato Zucchini Casserole
Peas
Fruit Juice
Italian Bread
Birthday Cake (Also for N)

THURSDAY, SEPTEMBER 9

Pollock Florentine
Wild Rice
Pickled Beets
Tossed Salad (Centers Only)
Rye Bread
Lemon Delight (Also for N)

FRIDAY, SEPTEMBER 10

Spicy Cranberry Chicken Patty
Parsley Potatoes
Chuckwagon Blend (HDM Only)
Cabbage Salad (Centers Only)
Hamburger Roll
Pear Blush (Also for N)

SATURDAY, SEPTEMBER 11 (HDM ONLY)

Pot Luck Meal

SUNDAY, SEPTEMBER 12 (HDM ONLY)

Pot Luck Meal

MONDAY, SEPTEMBER 13

Turkey Tetrazzini
Stewed Tomatoes
Italian Blend Vegetables
Multigrain Bread
Fresh Fruit

TUESDAY, SEPTEMBER 14

Spanish Rice
Spinach
Chuckwagon Blend Vegetables
Whole Wheat Bread
Sliced Peaches

WEDNESDAY, SEPTEMBER 15

Ham Loaf
Sweet Potatoes
California Blend Vegetables
Rye Bread
Fruit Cocktail

THURSDAY, SEPTEMBER 16

Chicken & Biscuit
Mashed Potatoes (HDM Only)
Broccoli Florets
Tossed Salad (Centers Only)
Buttermilk Biscuit
Warm Cinnamon Raisin Bread Pudding
w/Topping (Also for N)

FRIDAY, SEPTEMBER 17

Spaghetti w/Meat Sauce
Green Beans
Extra Vegetable (HDM Only)
Tossed Salad (Centers Only)
Warmed Garlic Bread (Centers Only)
Italian Bread (HDM Only)
Cranberry Crunch w/Topping (Also for N)

SATURDAY, SEPTEMBER 18 (HDM ONLY)

Pot Luck Meal

SUNDAY, SEPTEMBER 19 (HDM ONLY)

Pot Luck Meal

MONDAY, SEPTEMBER 20

Breaded Fish Sandwich w/Tartar Sauce
Tater Tots
Winter Blend Vegetables
Hamburger Roll
Chocolate Chip Cookie (Also for N)

TUESDAY, SEPTEMBER 21

Cheesy Beef Casserole
Winter Squash
Extra Vegetable (HDM Only)
Golden Glow Salad (Centers Only)
Rye Bread
Brownie w/Topping (Also for N)

WEDNESDAY, SEPTEMBER 22

Honey Mustard Chicken
Parsley Potatoes
Italian Blend Vegetables
Tossed Salad (Centers Only)
Oatmeal Bread
Tapioca Pudding (Also for N)

THURSDAY, SEPTEMBER 23

Sweet & Sour Pork
Rice Pilaf
Oriental Blend Vegetables
Multigrain Bread
Fresh Fruit

FRIDAY, SEPTEMBER 24

Creamed Chipped Beef
Mashed Potatoes
Mixed Vegetables
Whole Wheat Bread
Apricot Halves

SATURDAY, SEPTEMBER 25 (HDM ONLY)

Pot Luck Meal

SUNDAY, SEPTEMBER 26 (HDM ONLY)

Pot Luck Meal

MONDAY, SEPTEMBER 27

Vegetable Lasagna
Green Beans
Extra Vegetable (HDM Only)
Tossed Salad (Centers Only)
Italian Bread
Fresh Fruit

TUESDAY, SEPTEMBER 28

Ham & Cheese Croissantwich
Baked Beans
Cabbage Salad
Croissant
Molasses Cookie (Also for N)

WEDNESDAY SEPTEMBER 29

Beef Stew w/Biscuit
California Blend Vegetables
Extra Vegetable (HDM Only)
Green Jello w/Mandarin Oranges (Centers)
Buttermilk Biscuit
Spice Cake w/Topping (Also for N)

THURSDAY, SEPTEMBER 30

Tuna Noodle Casserole
Italian Blend Vegetables
Winter Squash
Oatmeal Bread
Chef's Mixed Fruit

EVENING DINING MENU

THURSDAY, SEPTEMBER 2

McDonough ONLY

Meat Lasagna
Chateau Blend Vegetables
Tossed Salad
Warmed Garlic Bread
Apple Pie w/Topping
Apple Crisp w/Topping (N)

THURSDAY, SEPTEMBER 16

Coventry, McDonough, New Berlin & Norwich

Chicken & Biscuit
Broccoli Florets
Tossed Salad
Buttermilk Biscuit
Warm Cinnamon Raisin Bread Pudding
with Topping (Also for N)

FRIDAY, SEPTEMBER 3

Bainbridge, Greene, Sherburne & South Otselic

Roast Pork w/Gravy
Yukon Gold Mashed Potatoes
Capri Blend Vegetables
Tossed Salad
Dinner Roll
Carrot Cake w/Cream Cheese Frosting
(Also for N with Topping)

FRIDAY, SEPTEMBER 17

South Otselic ONLY

Spaghetti w/Meat Sauce
Green Beans
Tossed Salad
Warmed Garlic Bread
Cranberry Crunch w/Topping (Also for N)