



September 2017 Congregate



Area Agency on Aging
724-548-3290 or 800-368-1066

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	*All Menus Subject to Change			1-Sep Beef Burrito Meat & Cheese Shredded Lettuce, Slice tomato Spanish Rice Corn & Black Bean Salad Nacho Chips or Tortilla Apricots
	5-Sep Baked Pollock w/dill sauce Baked Potato w/Sour Cream Broccoli Wheat Bread Pears	6-Sep Roast Beef Stroganoff Buttered Noodles Peas & Carrots White Bread Fresh Fruit	7-Sep Honey Mustard Glazed Pork Loin Mashed Potatoes w/chives Braised Cabbage Wheat Bread Lemon Crème Cake 	8-Sep Savory Sausage Scramble Breakfast Potatoes Wheat Bread w/Jelly Fresh Fruit
11-Sep Mushroom Swiss Burger Hot German Potato Salad Baked Beans Hamburger Roll Brownie 	12-Sep Stuffed Cabbage Roll Mashed Potatoes Sweet Corn Wheat Bread Fruit Crisp	13-Sep Sweet Turkey Sausage (6) Minestrone over Pasta Green Beans Italian Bread Birthday Cupcake	14-Sep Pepper Steak w/peppers & gravy Garlic Mashed Potatoes Mixed Vegetable Medley Wheat Bread Fresh Baked Cookie	15-Sep Chicken Cobb Salad Diced Chicken, Egg, Cheese, Sprinkle of bacon bits Noodle Soup w/crackers Dinner Roll Pineapple Tidbits
18-Sep Sweet & Sour Meatballs Rice Pilaf Vegetable Medley White Bread Applesauce	19-Sep Club Sandwich (Ham, Turkey, Cheese) Lettuce, Slice Tomato Creamy Cauliflower Soup w/crackers White Bread Fresh Fruit	20-Sep Veal Roulade w/gravy Mashed Potatoes Carrots White Bread Fresh Baked Cookie 	21-Sep Chicken Parmesan Pasta Tossed Salad w/tomato & Drsg. Italian Bread Sliced Peaches	22-Sep Potato Crusted Fish Macaroni & Cheese Stewed Tomatoes Wheat Bread Pineapples & Oranges
25-Sep Meatball Sandwich w/sauce & cheese Seasoned Redskins Mixed Bean Medley Sandwich Roll Fresh Fruit 	26-Sep Roasted Turkey w/gravy Mashed Potatoes Peas & Carrots Wheat Bread Ice Cream	27-Sep Chef Salad (Ham, Turkey, Cheese, & Egg) Wedding Soup w/crackers Breadstick Pears	28-Sep Baked Lemon Pepper Chicken Thigh w/gravy Wild Rice Brussel Sprouts Wheat Bread Apricots	29-Sep BBQ Pork Ribette Sweet Potato Bites Mixed Vegetables Corn Drop Biscuit Brownie