



CONGREGATE MEAL MENU - September 2026

Metz Culinary Management

	September 1	September 2	September 3	September 4
	Swiss Steak w/ Tomato Gravy Mashed Potatoes Peas Dinner Roll w/ Margarine Jello	Italian Chicken Capri Vegetable Blend Buttered Penne Fresh Orange Fig Newton	Breaded Pollock w/ cheese Sandwich Roll Tartar Sauce Lemon Pepper Potatoes Diced Peaches	BBQ Chicken Salad Salad Greens Cheddar Cheese Dressing Whole Grain Roll Fresh Melon
September 7 Meatloaf w/ Gravy Mashed Potatoes Corn Coleslaw Dinner Roll w/ Margarine Jello Labor Day Center Closed	September 8 Stuffed Chicken Breast Diced Potatoes w/ Garden Seasoning Peas & Pearl Onions Dinner Roll w/ Margarine Fresh Clementine	September 9 Cheeseburger Sandwich Roll Cole Slaw Baked Beans Mixed Fruit	September 10 Baked Ham Sweet Potatoes Buttered Mixed Vegetables Dinner Roll w/ Margarine Cantaloupe Vanilla Pudding	September 11 Fajita Chicken (w/peppers/onions/salsa) Chuckwagon Corn Buttered Brown Rice Mandarin Orange
September 14 Chicken w/ Creamy Mushroom Gravy Peas & Pearl Onions Mashed Potatoes Dinner Roll Applesauce	September 15 Pasta w/ Meat Sauce Side Salad w/ Dressing Dinner Roll w/ Margarine Fresh Orange	September 16 California Turkey Burger w/ Swiss & Avocado on Sandwich Roll Broccoli & Ranch Dip Zucchini and Parm Soup Fresh Apple	September 17 Stuffed Pepper Mashed Potatoes Buttered Carrot Coins Dinner Roll w/ Margarine Vanilla Greek Yogurt	September 18 Turkey & Gouda Sandwich Cucumber Slices Whole Wheat Bread Mixed Fruit Cookie Honey Mustard
September 21 Lemon Butter Chicken Rosemary Roasted Potatoes California Blend Dinner Roll w/ Margarine Jello	September 22 BBQ Pork Riblet w/ Sandwich Roll Sweet Potatoes Baked Beans Fresh Cantaloupe	September 23 French Onion Beef Patty w/ gravy Mashed Potatoes Peas & Carrots Dinner Roll w/ Margarine Chocolate Pudding	September 24 Chicken Tenders Sweet Potatoes Green Beans Dinner Roll w/ Margarine Fresh Orange BBQ Sauce	September 25 Baked Ziti & Cheese Side Salad Buttered Italian Vegetable Blend Dinner Roll Diced Pears
September 28 Sweet & Sour Chicken Asian Vegetable Blend Buttered Brown Rice Clementine Sugar Cookie	September 29 Swiss Steak w/ Tomato Gravy Mashed Potatoes Peas Dinner Roll w/ Margarine Jello	September 30 Italian Chicken Capri Vegetable Blend Buttered Penne Fresh Orange Fig Newton		

All meals include milk. Menus are subject to change, if necessary, due to supply and/or emergency.

Please be advised that food served may contain one of the following ingredients: milk, egg, fish (cod, tilapia), crustacean shellfish (crab, shrimp), tree nuts (almonds, pecans, walnuts), wheat, peanuts, soybeans.