

UNION CONGREGATE SENIOR NUTRITION PROGRAM

Monthly Menu • Aug 31 – Oct 02

Monday	Tuesday	Wednesday	Thursday	Friday
Aug 31 Southwest Chicken Skillet Roasted Potato Mixed Vegetables House Salad Fruit Cup WG Bread & Butter Chocolate Pudding 1% Milk	Sep 1 Turkey & Cheese Sandwich Coleslaw 100% Fruit Juice Whole Grain Bread 1% Milk	Sep 2 Beef Picadillo Rice Seasoned Black Beans Plantains Fresh Pear WG Bread & Butter 1% Milk	Sep 3 Pollo en Crema Mashed Potatoes Broccoli Applesauce Cup Dinner Roll & Butter 1% Milk	Sep 4 Veggie Turkey Chili Cilantro Rice House Salad Assorted Fresh Fruit 1% Milk
Sep 7 CLOSED (Labor Day)	Sep 8 BBQ Chicken Mac n Cheese Baked Beans Fruit Cup Cornbread 1% Milk	Sep 9 Shepherd's Pie Mashed Potatoes Mixed Vegetables Assorted Fresh Fruit WG Bread & Butter 1% Milk	Sep 10 Beef & Broccoli Brown Rice Carrots House Salad Assorted Fresh Fruit WG Bread & Butter 1% Milk	Sep 11 General Tso's Chicken Rice Asian Stir Fry Veggies Assorted Fresh Fruit WG Bread & Butter 1% Milk
Sep 14 Lentil Stew w/ Beef Couscous Broccoli & Cauliflower House Salad 100% Fruit Juice WG Bread & Butter 1% Milk	Sep 15 Cheese Ravioli Capri Veggie Blend House Salad Fresh Apple WG Bread & Butter 1% Milk	Sep 16 Barbacoa Beef Cilantro Rice Fiesta Corn Vanilla Pudding WG Bread & Butter 1% Milk	Sep 17 Sliced Turkey w/ Gravy Stuffing Carrots & Green Beans House Salad Fruit Cup WG Bread & Butter 1% Milk	Sep 18 Fish w/ Lemon Dill Mashed Potatoes Sautéed Spinach Assorted Fresh Fruit WG Bread & Butter 1% Milk
Sep 21 Chicken Curry Salad Tomato Salad Dinner Roll & Butter Chocolate Pudding 1% Milk	Sep 22 Sweet & Sour Chicken Brown Rice Asian Stir Fry Veggies 100% Fruit Juice WG Bread & Butter 1% Milk	Sep 23 Beef Stroganoff Egg Noodles Peas and Carrots Fruit Cup WG Bread & Butter 1% Milk	Sep 24 BBQ Chicken Mac n Cheese Collard Greens Applesauce Cup Hot Dog Buns 1% Milk	Sep 25 Chicken Tikka Masala Rice California Veggie Blend Assorted Fresh Fruit WG Bread & Butter 1% Milk
Sep 28 Baked Chicken w/ Sauce Roasted Potato Broccoli with Cheese 100% Fruit Juice 1% Milk	Sep 29 Chicken Meatballs Pasta with Sauce Summer Blend Veggies Fresh Pear WG Bread & Butter 1% Milk	Sep 30 Cacio e Pepe Pasta Capri Veggie Blend Fresh Apple Sugar Cookie WG Bread & Butter 1% Milk	Oct 1 Beef Vegetable Stew Mashed Potatoes Mixed Vegetables Assorted Fresh Fruit WG Bread & Butter 1% Milk	Oct 2 Western Cheese Omelet Potato Home Fries House Salad Assorted Fresh Fruit WG Bagel & Butter 1% Milk

* Menu subject to change based on food availability. All meals served with 1% Milk.