



# CONGREGATE MEAL MENU - September 2025

Metz Culinary Management

|                                                                                                                                                                          |                                                                                                                                        |                                                                                                                                        |                                                                                                                                       |                                                                                                                                     |
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| <b>September 1</b><br><b>Smothered Chicken</b><br>Roast Chicken<br>Broccoli w/Ranch Dip<br>Bread w/Margarine<br>Banana Pudding<br><div>Labor Day<br/>Center Closed</div> | <b>September 2</b><br><b>Pub Steak</b><br><b>Cheeseburger w/Bun</b><br>Broccoli w/Ranch Dip<br>Roasted Potato<br>Wedges<br>Fresh Apple | <b>September 3</b><br><b>Hawaiian Chicken</b><br>Stir Fried Veggies<br>Coconut Brown Rice<br>Tropical Fruit                            | <b>September 4</b><br><b>Stuffed Pepper</b><br>Mashed Potatoes<br>Broccoli<br>Bread w/Margarine<br>Pound Cake w/Peaches               | <b>September 5</b><br><b>Greek Salad with Salmon</b><br>French Onion Soup<br>Bread w/Margarine<br>Fresh Orange                      |
| <b>September 8</b><br><b>Broccoli Cheese Stuffed Chicken</b><br>Rosemary Roasted Potatoes<br>Peas & Pearl Onions<br>Bread w/Margarine<br>Fresh Fruit Salad               | <b>September 9</b><br><b>Sausage &amp; Peppers w/Hoagie Roll</b><br>Diced Potatoes<br>Peppers & Onions<br>Jello                        | <b>September 10</b><br><b>Firehouse Chili</b><br>Chuckwagon Corn<br>Brown Rice<br>Bread w/Margarine<br>Fresh Pineapple                 | <b>September 11</b><br><b>Grilled Chicken Salad</b><br>Tomato Soup<br>Macaroni & Cheese<br>Peach Applesauce                           | <b>September 12</b><br><b>Vegetable Lasagna</b><br>Cauliflower & Peas<br>Salad & Dressing<br>Bread<br>Oatmeal Cookie                |
| <b>September 15</b><br><b>Breaded Dill Chicken Sandwich w/Roll</b><br>Tomato Cucumber Salad<br>Blend: Chickpea, Kale, Edamame, Quinoa<br>Fresh Cantaloupe                | <b>September 16</b><br><b>Petite Beef Tenderloin Marsala</b><br>Mashed Potatoes<br>Carrots<br>Bread w/Margarine<br>Fresh Pear          | <b>September 17</b><br><b>Chicken Avocado Salad &amp; Dressing</b><br>Sweet Pepper & Beef Soup<br>Bread w/Margarine<br>Diced Pineapple | <b>September 18</b><br><b>Lemon Pepper Cod</b><br>Parmesan Penne Pasta<br>Broccoli<br>Banana Bread w/Margarine<br>Fresh Apple         | <b>September 19</b><br><b>Stuffed Cabbage Roll</b><br>Mashed Potatoes<br>Green Beans<br>Bread w/Margarine<br>Greek Yogurt w/Peaches |
| <b>September 22</b><br><b>Meatloaf with Gravy</b><br>Mashed Potatoes<br>Green Beans<br>Bread w/Margarine<br>Jello                                                        | <b>September 23</b><br><b>Turkey &amp; Smoked Gouda Sandwich</b><br>Coleslaw<br>Mediterranean Vegetable Soup<br>Fresh Grapes           | <b>September 24</b><br><b>Meat Lasagna</b><br>Salad w/Dressing<br>Italian Veggie Blend<br>Breadstick<br>Chocolate Chip Cookie          | <b>September 25</b><br><b>BBQ Chicken</b><br>Sauteed Onions<br>Buttered Chuckwagon Corn<br>Bread w/Margarine<br>Strawberry Applesauce | <b>September 26</b><br><b>French Onion Beef Sandwich</b><br>Italian Baby Baked Potatoes<br>Buttered Carrots<br>Fresh Fruit Cup      |
| <b>September 29</b><br><b>Raspberry BBQ Chicken</b><br>Roasted Sweet Potatoes<br>Succotash<br>Sandwich Roll<br>Fresh Watermelon                                          | <b>September 30</b><br><b>Swiss Steak</b><br>Mashed Potatoes<br>Broccoli<br>Bread w/Margarine<br>Chocolate Pudding                     |                                                                                                                                        |                                                                                                                                       |                                                                                                                                     |

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.