

Senior Meals and Services	Noon Meal Calendar For Espresso Café - Cando Call 968-3809 The Day Prior for Reservation				Month of September 2024
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
2 No Senior Meals	3 Bread Salisbury Steak w/Mushroom Gravy Boiled Potatoes Candied Carrots Strawberries	4 LS = low sodium Salad: tossed, fruit, coleslaw, potato, macaroni w/peas	5	6 Breadstick Penne Pasta w/Meat Sauce House Salad Seasoned Zucchini Apple Crisp	
9 Bread Tater Tot Hotdish Green beans House Salad Pears	10 Garlic Toast Chicken Cacciatore Angel Hair Pasta/Marinara Italian Vegetable Blend Cherry Fruit Salad	11 Menus subject to change upon availability	12	13 Bun Fish Filet Sandwich Seasoned Broccoli Coleslaw Applesauce	
16 Bread Porcupine Meatballs Mashed Potatoes Vegetable Blend Heavenly Hash Dessert	17 Breadstick Tuna Noodle Hotdish Mixed Vegetables Banana Split Dessert	18	19	20 Bread Baked Chicken legs Baked Sweet Potatoes Seasoned Green Peas Mandarin Oranges	
23 Garlic Toast Beef and Cabbage Bake Baby Lima Beans Fruit/Sauce	24 Bun Cheese Soup Loaded Turkey Sandwich 2 Bean Salad Banana	25	26	27 Bread Baked Lemon Cod Rice Pilaf Parmesan Broccoli Fruit/Sauce	
30 Dinner Roll Pork Loin Mac~n~Cheese Corn Cranberry Sauce	1	2	3	4	
Older Americans Act federal regulations require individuals 60 and older to complete an annual registration in order to participate in the Congregate Meals Program, or a semi-annual registration to participate in the Home-Delivered Meals Program. You will be notified when it is time to update.				Age 60 and over: Suggested Contribution for Congregate and Home Delivered Meals is \$5.00, Contribute as you are able. Those under 60 or who do not complete a registration form must pay \$14.79.	