

Senior Meals and Services	Noon Meal Calendar For Espresso Café - Cando Call 968-3809 The Day Prior for Reservation				Month of September 2025
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
Bun 1 Cheeseburger Lettuce/Tomato/Onion Baked Beans Fruit/Sauce	Bread 2 Tater Tot Hotdish Corn House Salad/Dressing Fruit/Sauce	3	4	Bread 5 Cilantro Chicken Baked Potato Creamed Peas Fruit/Sauce	
Bread 8 Pork Chops Baked Potato Corn Fruit/Sauce	Bread 9 Beef Barley Soup Corn & Black Bean Salad Turkey/Swiss Sandwich Fruit/Sauce	10 LS = low sodium Salad: tossed, fruit, coleslaw, potato, macaroni w/peas	11	Bread 12 Shepard's Pie House Salad/Dressing Fruit/Sauce	
Dinner Roll 15 Turkey & Dressing Casserole Green Bean Almondine Mashed Potatoes Fruit/Sauce	Bread 16 Blueberry French Toast Bake Sausage Patty O'Brien Potatoes Fruit/Sauce	17 Menus subject to change upon availability	18	Bun 19 Grilled Chicken Breast Macaroni Salad Herbed Green Beans Fruit/Sauce	
Bread 22 Parmesan Baked Cod Roasted Red Potatoes Asparagus Fruit/Sauce	Bread 23 Chicken Noodle Casserole Peas/Carrots Fruit/Salad	24	25	Bun 26 Grilled Bratwurst Baked Sweet Potato Coleslaw Fruit/Sauce	
Bread 29 Ham Sandwich Baked Potato Garden Blend Veggies Fruit/Sauce	Garlic Toast 30 Spaghetti w/Meat Sauce Seasoned Zucchini Fruit/Sauce			Crackers 3 Chili w/Beans House Salad/Dressing Cornbread Fruit/Sauce	
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 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 per meal.		