

Senior Meals and Services	Noon Meal Calendar For Espresso Café - Cando Call 968-3809 The Day Prior for Reservation			Month of September 2026
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Bread 1 Chicken & Dumpling Casserole Herbed Green Beans House Salad/Dressing Fruit/Sauce	2 Menus subject to change upon availability	3	4 Bread Cream of Broccoli Soup Ham Sandwich Cucumber Salad Fruit/Sauce
7	Dinner Roll 8 Pork Loin Mac & Cheese Carrots Fruit/Sauce	Breadstick 9 Cheesy Baked Ziti Sicilian Vegetable Blend Fruit/Sauce	10	Bread 11 Beef Tips & Mushroom Gravy Mashed Potatoes Peas Fruit/Sauce
Bread 14 Shepard's Pie Brussel Sprouts Fruit/Sauce	Bread 15 Cornflake Chicken Au-Gratin Potatoes Corn Fruit/Sauce	16 LS = low sodium Salad: tossed, fruit, coleslaw, potato, macaroni w/peas	17	Bread 18 Chicken Fettuccine Alfredo Broccoli Florets House Salad/Dressing Fruit/Sauce
Breadstick 21 Porcupine Meatballs Mashed Potatoes Carrots & Peas Fruit/Sauce	Dinner Roll 22 Baked Chicken Thighs Cheesy Rice Casserole Candied Carrots Fruit/Salad	23	24	25 Scrambled Eggs French Toast Turkey Sausage Patty Fruit/Sauce
Garlic Toast 28 Lasagna Green Beans Fruit/Sauce	Bun 29 Grilled Chicken Lettuce, Onion, Tomato Pasta Salad Baked Beans	30		
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 \$15.07 per meal.	