

Congregate Senior Nutrition Program

September 2025 – Menu

8 – Monday Salisbury Steak w/ mushroom gravy Zucchini & Tomatoes Butternut Squash Pineapple Graham Crackers CELEBRATE BDAYS 	9 – Tuesday Swiss Chicken Casserole Peas & Carrots Red Beets Diced Pears Bread SF Vanilla Pudding Banquet @ SC	10 – Wednesday Pork Loin w/gravy Roasted Sweet Potatoes Spinach Kidney Bean Salad Canned Pineapple Lorna Doones Vinegar packet	11 – Thursday Veggie Frittata w/ Cheese Potatoes O'Brien Sausage Apricots Applesauce Bread w/ Jelly	12 – Friday Meatloaf w/gravy Whipped Potatoes w/gravy Seasoned Wax Beans Mixed Fruit Mandarin Oranges Bread
15 – Monday Mexican Chicken and Rice w/cheese Corn Broccoli Diced Pears Graham Crackers Salsa & Sour Cream Speaker @ SC– Cathy Stanford	16 – Tuesday Sloppy Joe Potatoes O'Brien Wax beans Cole Slaw Bun Mixed Fruit Speaker @ OX– Dr. Cathy Stanford	17 – Wednesday Shepherd's Pie Lima Beans Black Eyed Peas Applesauce Bread Speaker @ WDS – Cathy Stanford	18 – Thursday Chicken Apple Crunch Salad Chopped Lettuce w/ Reg Ranch Apricots SF Vanilla Pudding Bread	19 – Friday Baked Tilapia OR Grilled Chicken Breast w/ White Rice Garlic Green Beans Butternut Squash Peaches SF Chocolate Pudding
22 – Monday Salisbury Steak w/ mushroom gravy Whipped Potatoes w/ Gravy Beets Mixed Fruit SF Vanilla Pudding Bread	23 – Tuesday Chicken and Noodles Seasoned Cauliflower Cooked Spinach Vinegar Packet Mandarin Oranges SF Chocolate Pudding	24 – Wednesday Meatloaf w/gravy Whipped Potatoes w/gravy Butternut Squash Baked Apples Lorna Doones Bread	25 – Thursday Shredded Pork w/ BBQ Baked Beans Broccoli Cole Slaw Pineapple Bun	26 – Friday Tender Beef Pot Roast w/ Gravy Whipped Potatoes w/ Gravy California Blend Apricots Vanilla Wafer Bread
29 – Monday Beef & Noodles Capri Vegetables Broccoli Mandarin Oranges Bread	30 – Tuesday Sloppy Joe Roasted Sweet Potatoes Peas & Carrots Bun Apricots Applesauce	1 – Wednesday (Oct) Lemon Thyme Chicken over Rice Pilaf Sliced Carrots Broccoli Tossed Salad w/ Italian Dressing SF Red Jello Bread	2 – Thursday (Oct) Chicken Pot Pie Lima Beans Cauliflower Diced Peaches SF Vanilla Pudding	3 – Friday (Oct) Honey Sriracha Pork Garlic Green Beans over White Rice Oriental Blend Vegetables Diced Pears Angel Food Cake
6 – Monday (Oct) Turkey Goulash Garlic Green Beans Peaches Canned Pears Breadstick	7 – Tuesday (Oct) Beef Stew Seasoned Corn Whipped Potatoes w/ Gravy Baked Apples SF Jello Biscuit	8 – Wednesday (Oct) Shredded Chicken w/ BBQ Peas Butternut Squash Cole Slaw Applesauce Bun	9 – Thursday (Oct) Honey Dijon Pork Roasted Sweet Potatoes Italian Vegetable Blend Bread Peaches	10 – Friday (Oct) Tuna Noodle Casserole or Turkey Patty w/ Gravy over White Rice Broccoli Cauliflower Mixed Fruit Graham Crackers Bread

AQF desserts are diabetic-friendly treats for every palate. Our mixes are sugar free or no sugar added, trans fat free, low cholesterol, low sodium and a good source of fiber. SF – sugar free. **The menu is subject to change****

All Meals served with 1% Milk/Tea/Water

**SIGN UP 2 DAYS IN ADVANCE – 217-428-3459 / SUGGESTED DONATION \$4.00
(Full price \$7.50)**