



CONGREGATE MEALS - 2020

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
						1		2	
						Baked Ham Scalloped Potatoes Spinach or Cabbage Whole Wheat Roll		Salmon Asparagus Mixed Orzo Pilaf	
5		6		7		8		9	
Hamburger French Fries		Chicken Parmesan w/ Pasta Green Bean Salad		Meatloaf Roasted Carrots or Brussel Sprouts Whole Wheat Roll		Turkey Sweet Potatoes Mashed Potatoes Whole Wheat Roll		Alaskan Halibut Tacos Cabbage Refried Beans Whole Wheat Shells	
12		13		14		15		16	
Stuffed Shells w/ Meat or Squash Brussels Sprouts Spinach, Garlic Bread		Balsamic Roast Chicken Carrots Quinoa		Spaghetti w/ Italian Sausage Green & Yellow Peppers Zucchini Garlic Bread		Walnut Crusted Pork Roast Mashed Potatoes Squash Whole Wheat Roll		Shrimp Scampi Peas Whole Wheat Linguini	
19		20		21		22		23	
Shepard's Pie Cranberry Sauce Peas Carrots		Honey Dijon Chicken Potatoes Broccoli Cous Cous		Pork Shoulder w/ Black Currant Jam Sauce Brown Rice or Forbidden Rice		Baked Ham Scalloped Potatoes Spinach or Cabbage Whole Wheat Roll		Seafood Linguini w/ Tomato Chickpea Salad	
26		27		28		29		30	
Baked Ziti, Ground Beef w/ Alfredo Sauce Broccoli		Roast Chicken Roasted Carrots Roasted Asparagus Rice Pilaf		BBQ Beef Brisket Potato Salad Pinto Beans Whole Wheat Roll		Turkey Sweet Potatoes Mashed Potatoes Whole Wheat Roll		Cod w/ Lemon & Capers Jamaican Cabbage, Green Peppers Potatoes Whole Wheat Roll	

Milk, Bread or Rolls are available everyday

\$7 Suggested donation for seniors 60+ \$15 for guests under 60

*On March 13, 2020 Homer Senior Citizen, Inc. temporarily closed the dining room to the public in accordance with the current social distancing standards being practiced. We are asking individuals to call 907-235-7655 by 10:00 a.m. to be put on the list for congregate meals. You will be able to pick up your meal at 12:30 noon. Kitchen staff is using disposable containers to pack the lunch. Maintenance staff will meet you at the door. The health of our residents is our primary concern. We thank you for your understanding and patience during this time.

Soup and Salad available by request