

September

2020

CONGREGATE MEALS - 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
31	1	2	3	4
Chicken Pot Pie French Bread	Beef Tacos Corn Taco Shell or Flour Burito Shell	Shredded Pork Sandwich Potatoes Green Beans Kabata Bread	Roast Beef Green Beans Mashed Potatoes Whole Wheat Roll	Almond Crusted Salmon Carrots Brown Rice Roll
7	8	9	10	11
Spinach/Beef Lasagna Broccoli Garlic Bread	Roasted Chicken Breast Carrots Wild Rice	Beef Stroganoff Green Beans	Baked Ham Scalloped Potatoes Spinach or Cabbage Whole Wheat Roll	Salmon Asparagus Mixed Orzo Pilaf
14	15	16	17	18
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
21	22	23	24	25
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
29	29	30	1	2
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

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

