

September 2021 MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Items with **contain pork or pork products.</p> <p>Menu subject to change due to availability.</p>	<p>Aster Aging is funded in part by Area Agency on Aging Region One</p>  <p>AREA AGENCY ON AGING REGION ONE, INCORPORATED</p>	<p>1</p> <p>Parmesan Encrusted Tilapia Grilled Artichokes Wax Beans Whole Wheat Roll Pineapple</p>	<p>2</p> <p>Pork Loin w/ Gravy** Asparagus Riced Cauliflower Whole Wheat Roll Oreo Cake Orange</p>	<p>3</p> <p>Teriyaki Beef Oriental Blend Vegetables Roasted Brussel Sprouts Whole Wheat Roll Fresh Pear</p>
<p>6</p> 	<p>7</p> <p>Pork Shepherd's Pie** Mashed Potatoes Carrots Whole Wheat Roll Banana</p>	<p>8</p> <p>Orange Chicken Succotash Broccoli Whole Wheat Roll Applesauce w/ Cinnamon</p>	<p>9</p> <p>Bean & Cheese Burrito w/ Enchilada Sauce Steamed Cabbage Grilled Vegetables Butterscotch Pudding Grapes</p>	<p>10</p> <p>Cold Salad Plate Ham, Beets and Cucumber Tomato Whole Wheat Roll Tropical Fruit</p>
<p>13</p> <p>Hamburger w/ Lettuce & Tomato Winter Blend Vegetables Sweet Potato Fries Melon</p>	<p>14</p> <p>Pulled BBQ Chicken Coleslaw Baked Bean's Whole Wheat Bun Peaches</p>	<p>15</p> <p>Beef and Broccoli Asian Blend Vegetables Brown Fried Rice Whole Wheat Roll Orange</p>	<p>16</p> <p>Pork Chop Diane** Cauliflower Baked Potato Whole Wheat Roll Strawberries</p>	<p>17</p> <p>Baked Catfish Asparagus Carrots Whole Wheat Sweet Roll Apricots</p>
<p>20</p> <p>Gnocchi w/ Ground Turkey & Marinara Zucchini Italian Blend Vegetables Whole Wheat Bread Stick Pears</p>	<p>21</p> <p>Pork Pozole Stew** Corn Yellow Squash Whole Wheat Roll Pineapple</p>	<p>22</p> <p>Mandarin Orange Chicken Salad Cucumber Salad Beets Whole Wheat Crackers Mixed Fruit</p>	<p>23</p> <p>Waffle w/ Eggs Sliced Tomatoes Chef's Potato Fresh Fruit w/ Yogurt</p>	<p>24</p> <p>Fried Chicken Green Beans Yams Whole Wheat Sweet Roll Fruit Cocktail</p>
<p>27</p> <p>Sloppy Joe Garden Salad w/ Tomato, Carrots and Cucumber Potato Wedges Whole Wheat Roll Watermelon</p>	<p>28</p> <p>Rice & Beans w/ Chicken Okra Carrots Whole Wheat Roll Black Forrest Cake Plums</p>	<p>29</p> <p>Meatloaf w/ Gravy Peas Mashed Potatoes Whole Wheat Roll Grapes</p>	<p>30</p> <p>Tilapia w/ Hollandaise Sauce Brussel Sprouts Rosemary Potatoes Whole Wheat Roll Sliced Pears</p>	

