




SALERNO'S CONGREGATE MENU FOR AGING CARE CONNECTIONS - SEPTEMBER 2021



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AUGUST 30	AUGUST 31	SEPTEMBER 1	SEPTEMBER 2	SEPTEMBER 3
LEMON CHICKEN 3 OZ. MASHED POTATOES W GRAVY ½ CUP SALAD WITH TOMATOES 1 CUP FRUIT ½ CUP GARLIC BREAD 4 OZ. MILK 8 OZ.	VEGGIE PIZZA WITH EXTRA THIN CRUST 3 OZ. SALAD WITH TOMATOES 1 CUP FRUIT ½ CUP MILK 8 OZ.	CHICKEN LEG QUARTER - 3 OZ. STUFFING W/GRAVY - 1/2C BAKED POTATO - 4 OZ. GREEN BEANS - 1/2C GARLIC BREAD - 4 OZ. CRANBERRY SAUCE - 1/2C MILK - 8 OZ.	LEMON CHICKEN 3 OZ. MASHED POTATOES W GRAVY ½ CUP SALAD WITH TOMATOES 1 CUP FRUIT ½ CUP GARLIC BREAD 4 OZ. MILK 8 OZ.	VEGGIE PIZZA WITH EXTRA THIN CRUST 3 OZ. SALAD WITH TOMATOES 1 CUP FRUIT ½ CUP MILK 8 OZ.
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SEPTEMBER 6	SEPTEMBER 7	SEPTEMBER 8	SEPTEMBER 9	SEPTEMBER 10
HOLIDAY CLOSED	CHICKEN LEG QUARTER 3 OZ. MAC AND CHEESE ½ CUP GREEN BEANS ½ CUP SALAD WITH TOMATOES 1 CUP GARLIC BREAD 4 OZ. CRANBERRY SAUCE ½ C MILK 8 OZ.	HAMBURGER ON A BUN WITH LETTUCE, TOMATO, AND ONION 3 OZ. COLE SLAW ½ CUP BAKED BEANS ½ CUP FRUIT ½ CUP MILK 8 OZ.	HAM 3 OZ. MASHED SWEET POTATOES ½ CUP GREEN BEANS ½ CUP REY BREAD 2 SLICES FRUIT ½ CUP MILK 8 OZ.	JULIENNE SALAD W/HAM, TURKEY, TOMATOES, CHEESE - 1C FRENCH BREAD 2 SLICES FRUIT ½ CUP MILK 8 OZ.
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SEPTEMBER 13	SEPTEMBER 14	SEPTEMBER 15	SEPTEMBER 16	SEPTEMBER 17
BREADED PORK TENDERLOIN 3 OZ. MASHED POTATOES W/ GRAVY ½ CUP BROCCOLI ½ CUP SALAD WITH TOMATO 1 CUP GARLIC BREAD 4 OZ. FRUIT ½ CUP MILK 8 OZ.	SPAGHETTI AND MEATBALLS 3 OZ. ZUCCHINI WITH RED SAUCE ½ CUP SALAD WITH TOMATO 1 CUP GARLIC BREAD 4 OZ. FRUIT ½ CUP MILK 8 OZ.	TURKEY CLUB WITH BACON ON RYE BREAD 3 OZ. COLE SLAW ½ CUP POTATO SALAD ½ CUP FRUIT ½ CUP MILK 8 OZ.	SLOPPY JOE ON A BUN 3 OZ. COLE SLAW ½ CUP BAKED BEANS ½ CUP FRUIT ½ CUP MILK 8 OZ.	SLICED TURKEY WITH GRAVY 3 OZ. BUTTERED NOODLE W/ GRAVY ½ CUP GREEN BEANS ½ CUP GARLIC BREAD 4 OZ. FRUIT ½ CUP MILK 8 OZ.
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SEPTEMBER 20	SEPTEMBER 21	SEPTEMBER 22	SEPTEMBER 24	SEPTEMBER 25
ITALIAN BEEF ON A BUN WITH GREEN PEPPERS 3 OZ. ROASTED POTATO ½ CUP FRUIT ½ CUP MILK 8 OZ.	2 BEEF TACOS ON WHOLE WH TORTILLAS WITH SOUR CR, CHEESE, LETTUCE, TOMATO, ONION, & SALSA 3 OZ. REFRIED BEANS ½ CUP SPANISH RICE ½ CUP FRUIT ½ CUP MILK 8 OZ.	CHICKEN VESUVIO W/ EXTRA SAUCE 3 OZ. VESUVIO POTATO W/ EXTRA SAUCE ½ CUP GREEN BEANS ½ CUP SALAD WITH TOMATO 1 CUP GARLIC BREAD 4 OZ. FRUIT ½ CUP MILK 8 OZ.	EGGPLANT PARMESAN 4 OZ. SPINACH ½ CUP SALAD WITH TOMATO 1 CUP GARLIC BREAD 2 SLICES COTTAGE CHEESE & PEACHES ½ CUP MILK 8 OZ.	MEATLOAF WITH GRAVY 3 OZ. SCALLOPS POTATO ½ CUP CAULIFLOWER ½ CUP FRENCH BREAD 2 SLICES FRUIT ½ CUP MILK 8 OZ.
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SEPTEMBER 27	SEPTEMBER 28	SEPTEMBER 29	SEPTEMBER 30	october 1
BAKED MOSTACCIOLI WITH ITALIAN SAUSAGE ½ CUP/3OZ MIXED VEGETABLES ½ CUP SALAD WITH TOMATO 1 CUP GARLIC BREAD 4 OZ. FRUIT ½ CUP MILK 8OZ	STUFFED CHICKEN BREAST 3 OZ. STUFFING W/ GRAVY 2/3 CUP CRANBERRY SAUCE ½ CUP CORN ½ CUP MILK 8 OZ.	PULLED PORK ON A BUN 3 OZ. POTATO SALAD ½ CUP BAKED BEANS ½ CUP SALAD WITH TOMATO 1 CUP FRUIT ½ CUP MILK 8 OZ.	MEATLOAF - 3 OZ. MASHED POTATOES W/GRAVY - 1/2C GREEN PEAS - 1/2C SALAD W/TOMATOES - 1C SPLIT PEA SOUP - 3/4C FRENCH BREAD - 2SLS. MILK - 8 OZ.	

TO RESERVE CALL 708-354-0099