


SALERNO'S CONGREGATE MENU FOR AGING CARE CONNECTIONS - SEPTEMBER 2022 

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AUGUST 29	AUGUST 30	AUGUST 31	SEPTEMBER 1	SEPTEMBER 2
SAUSAGE PIZZA WITH WITH EXTRA THIN CRUST - 3 OZ. FRUIT - 1/2 C MILK - 8 OZ.	EGGPLANT PARMESAN - 3 OZ. VEGGIE - 1/2 C BREAD - 4 OZ. FRUIT - 1/2 C MILK - 8 OZ.	CHICKEN BREAST - 3 OZ. MASH POTATO W/ GRAVY - 1/2 C VEGGIE - 1/2 C FRUIT - 1/2C BREAD - 4 OZ. MILK - 8 OZ.	EGG & PEPPER SANDWICH - 3 OZ. FRIES - 1/2 C FRUIT - 1/2 C MILK - 8 OZ.	ITALIAN BEEF ON A BUN - 3 OZ. W/GREEN PEPPERS FRIES - 1/2 C VEGGIES - 1/2 C FRUIT - 1/2 C MILK - 8 OZ.
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SEPTEMBER 5	SEPTEMBER 6	SEPTEMBER 7	SEPTEMBER 8	SEPTEMBER 9
 LABOR DAY	RAVIOLI - 1/2 C W/MEAT SAUCE - 3 OZ. VEGGIE - 1/2 C BREAD - 4 OZ. FRUIT - 1/2 C MILK - 8 OZ.	CHICKEN BREAST - 3 OZ. MAC AND CHEESE - 1/2 C CELERY STICKS (RAW) - 1/2 C BREAD - 4 OZ. FRUIT - 1/2 C MILK - 8 OZ.	MEATBALL SANDWICH - 3 OZ. WITH CHEESE, GR PEPPER, ONION FRIES - 1/2 C FRUIT - 1/2 C MILK - 8 OZ.	VEGGIE PIZZA WITH CHEESE, GR PEPPER, ONION WITH EXTRA THIN CRUST - 3 OZ. FRUIT - 1/2 C MILK - 8 OZ.
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SEPTEMBER 12	SEPTEMBER 13	SEPTEMBER 14	SEPTEMBER 15	SEPTEMBER 16
BLT SANDWICH (BACON, MAYO, TOMATO, LETTUCE) - 3 OZ CARROTS & CELERY STICKS - 1/2 C FRUIT - 1/2 C MILK - 8 OZ.	BAKED MOSTACCIOLI WITH MEAT SAUCE - 1/2 C BREAD - 4 OZ. VEGGIES - 1/2C FRUIT - 1/2C MILK 8 OZ	CHICKEN VESUVIO W/EX SAUCE - 3OZ. VESUVIO POTATOE W/EX SAUCE - 1/2 C BREAD- 4 OZ. FRUIT - 1/2C MILK - 8 OZ.	HAM AND CHEESE ON A BUN - 3 OZ. PASTA SALAD - 1/2 C FRUIT - 1/2 C MILK - 8 OZ	JULIAN SALAD - 1 C W/HAM, TURKEY, CHEESE, TOMATOES - 2 OZ. EACH BREAD - 4 OZ. FRUIT - 1/2 C MILK - 8 OZ
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SEPTEMBER 19	SEPTEMBER 20	SEPTEMBER 21	SEPTEMBER 22	SEPTEMBER 23
SAUSAGE PIZZA WITH WITH EXTRA THIN CRUST - 3 OZ. FRUIT - 1/2 C MILK - 8 OZ.	RAVIOLI 1/2 C W/MEAT SAUCE - 3 OZ. VEGGIE - 1/2 C BREAD - 4 OZ. FRUIT - 1/2 CUP MILK - 8 OZ.	LEMON CHICKEN - 3 OZ. RICE W/GRAVY - 1/2 C VEGGIE - 1/2 CUP FRUIT - 1/2 C BREAD - 4 OZ. MILK - 8 OZ.	TUNA SALAD WITH CRACKERS - 3 OZ SERVED WITH LETTUCE , TOMATOE PASTA SALAD - 1/2 C FRUIT - 1/2C MILK - 8 OZ.	TURKEY CLUB WITH BACON ON RYE BREAD - 3 OZ. PASTA SALAD - 1/2 C FRUIT - 1/2 C MILK - 8 OZ.
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SEPTEMBER 26	SEPTEMBER 27	SEPTEMBER 28	SEPTEMBER 29	SEPTEMBER 30
EGGPLANT PARMESAN - 3 OZ. VEGGIE - 1/2 C BREAD - 4 OZ. FRUIT - 1/2 CUP MILK - 8 OZ.	JULIAN SALAD - 1 C W/HAM, TURKEY, CHEESE, TOMATOES - 2 OZ EACH BREAD - 4 OZ. FRUIT - 1/2 C MILK - 8 OZ	STUFFED CHICKEN BREAST - 3 OZ. STUFFING W/GRAVY - 1/2 C VEGGIE - 1/2 C FRUIT - 1/2 C BREAD - 4 OZ. MILK - 8 OZ.	CHEESEBURGER ON A BUN WITH LETTUCE, TOMATO, & ONION - 3 OZ. FRIES - 1/2 C FRUIT - 1/2 C MILK - 8 OZ.	SPAGHETTI - 1/2 C w/MEATBALLS - 3 OZ. BREAD - 4 OZ. FRUIT - 1/2 C MILK - 8 OZ.

SALAD - 1 C w/ each meal.

TO RESERVE CALL 708-603-2269

BEFORE 4pm to order for next days meal.

All & any items maybe subject to change.