



Livingston County  
Office for the Aging  
Senior Nutrition Program  
(585) 243-7520

# SEPTEMBER 2022

ALL MEALS SERVED WITH 1% MILK & MARGERINE

**COOLERS MUST CONTAIN ICE FOR MEAL TO BE LEFT.**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
09/01-09/02	<p><i>And then the sun took a step back, the leaves lulled themselves to sleep and Autumn was awaked.</i> - Raquel Franco</p>			Sloppy Joe Hamburger Bun Spinach Corn Mandarin Orange Apple Juice	Grilled Fish w/ Wild Rice Green Beans Yellow Squash & Peppers Fresh Plum Orange Juice Brownie
09/05-09/09	<b>CLOSED</b>  	Chopped Steak w/ Onion And Gravy Mashed Potatoes Mixed Vegetables Pineapple Grape Juice	Chicken Salad Burger Bun Broccoli Salad Beet Salad Diced Mellon Apple Juice	Turkey Meat Sauce w/ Whole Wheat Pasta Carrots Zucchini Mixed Fruit Lemon Bar	Apricot-glazed Pork w/ Rosemary Roasted Potatoes Brussels Sprouts Corn Pears Strawberry Jell-O
09/12-09/16	Whole Wheat Pasta w/ Meatballs & Sauce Yellow Squash & Peppers Peas Pineapple	Egg Salad Croissant Carrot Raisin Salad Chickpea Salad Clementine Apple Juice	Salisbury Steak w/ Gravy Mashed Potatoes Mixed Vegetables Wheat Bread Slice Fruit Cocktail Orange Juice	Orange Chicken Garden Rice Lima Beans Peaches Apple Crisp	Dijon Herb Crusted Fish w/ Roasted Potatoes Capri Blend Vegetables Broccoli Tropical Fruit Chocolate Mousse
09/19-09/23	Goulash Yellow Beans Collard Greens Fresh Apple Orange Juice	Baked Fish w/ Cherry Tomatoes Mashed Sweet Potatoes Lima Beans Mixed Fruit Grape Juice	Meatloaf w/ Mashed Potatoes & Gravy Wheat Roll Broccoli Corn Grapes	Chicken Caesar Salad Beet Salad Claremont Salad Peach Wheat Bread Slice Orange Juice	Garlic Herb Pork Loin w/ Rosemary Roasted Potatoes Zucchini & Summer Squash Asparagus Fresh Melon Wheat Bread Slice
09/26-09/30	Lemon Pepper Baked Fish Broccoli Corn Grapes Wheat Bread Slice Apple Juice Chocolate Chip Cookie	Pot Roast w/ Gravy Mashed Potatoes Mixed Vegetables Pear Wheat Bread Slice Grape Juice	Tuna Salad Croissant Tomato Cucumber Salad Beet Salad Diced Melon Apple Juice	BBQ Pork Corn Bread Rosemary Roasted Potatoes Roasted Zucchini Peach Orange Juice	Chicken Alfredo w/ Whole Wheat Pasta Chopped Spinach Carrots Clementine Apple Juice