

SEPTEMBER 2023 Menu

Monday	Tuesday	Wednesday	Thursday	Friday
LOCATIONS & HOURS				
Low Center Hours (LC) Lunch** 11:30 a.m. - 1:30 p.m. (weekdays) Buffet Breakfast 7:30 - 9:00 a.m. (September 27)		Front Street Crossing (FSC) Lunch** 11:30 a.m. - 1:30 p.m. (weekdays)		1 Main Entrée* Grilled Chicken Breast Mashed Potatoes & Gravy Fire Roasted Corn Wheat Roll Fresh Fruit Café Entrée Pulled Pork Nachos Café Fresh Salad Beef Taco Salad
..... Chestnut Towers Apartments Meals* served daily by reservation only - call the COA for more information.				
4 <div style="text-align: center; font-size: 1.5em; font-weight: bold; color: #333;"> CLOSED for Labor Day </div>	5 Main Entrée* Beef Stew Rosemary Redskin Potatoes Stew Vegetables Wheat Bread Pumpkin Pie Café Entrée Deli Sandwich Café Fresh Salad Strawberry Chicken Salad	6 Main Entrée* Apple Pork Tenderloin Mashed Potatoes & Gravy Peas & Pearl Onions Wheat Roll Fruit Café Entrée Sloppy Jose Café Fresh Salad Greek Salad	7 Main Entrée* Baked Penne Italian Breadstick Italian Green Beans Cookie Café Entrée Grilled Cheese Café Fresh Salad COA Salad	8 Main Entrée* Orange Chicken Rice Sugar Snap Peas Fortune Cookie Café Entrée Loaded Baked Potato Café Fresh Salad Very Veggie Salad
11 Main Entrée* French Toast Sausage Links Breakfast Potatoes Syrup Café Entrée Hot Dog Café Fresh Salad Cottage Cheese w/ Fruit	12 Main Entrée* Beef Chili w/ Beans Fire Roasted Tomatoes Cornbread Sour Cream Cookie Café Entrée Spicy Chicken Sandwich Café Fresh Salad Cobb Salad	13 Main Entrée* Seasoned Pork Chop Mashed Potatoes & Gravy Peas & Carrots Wheat Roll Fruit Café Entrée Chef's Special Café Fresh Salad Turkey Craisin Salad	14 Main Entrée* Spaghetti & Meatballs Winter Blend Vegetable Garlic Toast Cake Café Entrée Beef Tacos Café Fresh Salad Fruit Salad	15 Main Entrée* Turkey & Cheese Sandwich Coleslaw Potato Chips Fruit Café Entrée Ham Salad Sandwich Café Fresh Salad COA Salad
18 Main Entrée* Honey Dijon Chicken Breast Maple Roasted Sweet Potatoes Green Beans Wheat Bread Pudding Café Entrée Meatloaf Café Fresh Salad Chicken Salad	19 Main Entrée* Shepherd's Pie Mixed Vegetables Mashed Potatoes Wheat Roll Fruit Café Entrée Italian Melt Café Fresh Salad Mediterranean Salad	20 Main Entrée* Pork Roast Stew Vegetables Seasoned Rice Wheat Bread Cookie Café Entrée BLT Wrap Café Fresh Salad Salad Trio	21 Main Entrée* Tuna Noodle Casserole Mixed Vegetables Broccoli Wheat Roll Jello Café Entrée Veggie Wrap Café Fresh Salad Chicken Taco Salad	22 Main Entrée* Salisbury Steak Mashed Potatoes & Gravy Peas & Carrots Wheat Bread Applesauce Café Entrée Tuna Salad Sandwich Café Fresh Salad BLT Salad
25 Main Entrée* Chicken Sandwich on a Bun Rosemary Roasted Redskins Corn Cake Café Entrée Chili Dog Café Fresh Salad Michigan Chicken Salad	26 Main Entrée* Beef Stir-fry Rice Oriental Vegetables Fortune Cookie Fruit Café Entrée Grilled Ham & Cheese Café Fresh Salad Oriental Salad	<div style="background-color: #FFD700; padding: 2px;">Hot Breakfast (LC)</div> 27 Main Entrée* Pork Chile Verde Rice Corn & Black Beans Crackers Pudding Café Entrée Soup in a Bread Bowl Café Fresh Salad Mediterranean Salad	28 Main Entrée* Cheese Ravioli Peas Garlic Bread Cookie Café Entrée Patty Melt Café Fresh Salad Fruit Salad	29 Main Entrée* Cheese Omelet Sausage Patty Breakfast Potatoes Cake Café Entrée Corned Beef on Rye Café Fresh Salad Mini Chef Salad

Menu is subject to change without notice.

**Daily vegetarian lunch option available upon request.



Meals are funded in part by Region IV Area Agency on Aging and are served in partnership with Cass County COA. (Suggested Donation per Meal: \$4.00)