**Melrose – L&M Cafe – Senior Congregate Meal Site – September 2024 Menu**

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| **Mon 2****Labor Day****No Meals****ADRC Office Closed** | **Tue 3** SausageScrambled EggsPotato PancakeTomato JuiceApplesauce | **Wed 4**Roast PorkMashed PotatoesCooked CabbageMandarin Oranges | **Thu 5**FishCream PotatoesBeets Mixed Fruit3 Bean Salad | **Fri 6 HDM Only**Hamburger on BunAmerican FriesCarrotsApple |
| **Mon 9**Chicken Stir withOriental Blend VegOver RiceGelatin w/Fruit | **Tue 10**Liver & OnionsMashed PotatoesCornApple | **Wed 11**Ring BolognaCream PotatoesPeasPeaches | **Thu 12**FishBaked PotatoSquash ColeslawMandarin Oranges | **Fri 13 HDM Only**Egg Salad SandwichPotato SaladSpinach SaladBanana |
| **Mon 16**Broasted ChickenMashed PotatoCountry Blend VegGelatin w/Fruit | **Tue 17** Spaghetti w/Meat& Tomato SauceWax Beans PearsGarlic Toast | **Wed 18**BratAmerican FriesBaked BeansApplesauce | **Thu 19**FishAugratin PotatoesCarrots ColeslawMixed Fruit | **Fri 20 HDM Only**Roast PorkMashed PotatoesCarrotsApple |
| **Mon 23**Cream Chicken overBiscuitSalad BroccoliGelatin w/Fruit | **Tue 24**MeatballsMashed PotatoesSweet PotatoesPineapple | **Wed 25**Pork RibsAmerican FriesKraut Baked BeansApplesauce | **Thu 26**FishGarlic PotatoesBeetsMandarin Oranges | **Fri 27 HDM Only**Hot Ham on BunPotato Rounds3 Bean Salad½ Grapefruit |
| **Mon 30**Broasted ChickenMashed PotatoesSummer Blend VegFruit |  |  | ***Milk is served with every meal & is part of the daily required nutrition plan.*** | ***\*\*All Menus are subject to change.\*\**** |