**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** Sausage  Scrambled Eggs  Potato Pancake  Tomato Juice  Applesauce | **Wed 4**  Roast Pork  Mashed Potatoes  Cooked Cabbage  Mandarin Oranges | **Thu 5**  Fish  Cream Potatoes  Beets Mixed Fruit  3 Bean Salad | **Fri 6 HDM Only**  Hamburger on Bun  American Fries  Carrots  Apple |
| **Mon 9**  Chicken Stir with  Oriental Blend Veg  Over Rice  Gelatin w/Fruit | **Tue 10**  Liver & Onions  Mashed Potatoes  Corn  Apple | **Wed 11**  Ring Bologna  Cream Potatoes  Peas  Peaches | **Thu 12**  Fish  Baked Potato  Squash Coleslaw  Mandarin Oranges | **Fri 13 HDM Only**  Egg Salad Sandwich  Potato Salad  Spinach Salad  Banana |
| **Mon 16**  Broasted Chicken  Mashed Potato  Country Blend Veg  Gelatin w/Fruit | **Tue 17**  Spaghetti w/Meat  & Tomato Sauce  Wax Beans Pears  Garlic Toast | **Wed 18**  Brat  American Fries  Baked Beans  Applesauce | **Thu 19**  Fish  Augratin Potatoes  Carrots Coleslaw  Mixed Fruit | **Fri 20 HDM Only**  Roast Pork  Mashed Potatoes  Carrots  Apple |
| **Mon 23**  Cream Chicken over  Biscuit  Salad Broccoli  Gelatin w/Fruit | **Tue 24**  Meatballs  Mashed Potatoes  Sweet Potatoes  Pineapple | **Wed 25**  Pork Ribs  American Fries  Kraut Baked Beans  Applesauce | **Thu 26**  Fish  Garlic Potatoes  Beets  Mandarin Oranges | **Fri 27 HDM Only**  Hot Ham on Bun  Potato Rounds  3 Bean Salad  ½ Grapefruit |
| **Mon 30**  Broasted Chicken  Mashed Potatoes  Summer Blend Veg  Fruit |  |  | ***Milk is served with every meal & is part of the daily required nutrition plan.*** | ***\*\*All Menus are subject to change.\*\**** |