



September

MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Cheesy Ham Casserole Green Beans Romaine Garden Salad Banana Bread	2 Smothered Pork Cutlet Red Skin Potatoes Prince Charles Blend Grapes Dinner Roll	3 BBQ Chicken Broccoli Pasta Salad Marinated Carrot Salad Peach Halves Bread	4 Cod Red Skin Potatoes Peas & Carrots Citrus Fruit Bread
7 BUILDING CLOSED	8 Chicken w/Broccoli & Cheese Baked Sweet Potato Capri Blend Vegetable Tapioca Pudding w/Fruit Wheat Bread	9 Baked Ham Scalloped Potatoes Whole Green Beans Applesauce Wheat Bread	10 Stuffed Shells w/Sauce Italian Vegetable Garden Salad Pineapple Tidbits Whole Wheat Roll	11 Potato Crunch Pollock Butternut Squash Broccoli Citrus Fruit Dinner Roll
14 Stuffed Pepper Mashed Potatoes Garden Salad Tropical Fruit Wheat Bread	15 Chicken Cacciatore Red Skin Potatoes California Blend Apricots Dinner Roll	16 Sloppy Joes Baked Beans Carrots Fruit Cocktail Bun	17 Roast Turkey w/Gravy Cornbread Stuffing Whole Green Beans Garden Salad Applesauce/Bread	18 Beef Mostaccioli Dilled Carrots Romaine Salad Pear Slices Wheat Roll
21 Swedish Meatballs Egg Noodles Scandinavian Blend Cole Slaw Orange Bread	22 Roast Pork Loin Mashed Potatoes & Gravy Steamed Spinach Pears Dinner Roll	23 Chicken & Biscuit Mixed Vegetables Potato Romaine Salad Pineapple Rings Bread	24 Italian Ravioli Savoty Spinach Cabbage Pineapple Slaw Applesauce Wheat Bread	25 Sweet & Sour Chicken Rice Vegetable Salad Green Beans Apricots/Bread
28 Macaroni & Cheese Mixed Vegetable Romaine Salad Fruit Cocktail Corn Muffin	29 Chicken Florentine Whipped Potatoes Capri Blend Vegetable Peach Cobbler Bread	30 Italian Lasagna Italian Green Beans Romaine Salad Pineapple & Oranges Bread	JOIN US FOR LUNCH! Lunch is served at OPC Mon - Fri at NOON Reservations required - Call 248.659.1032 by 11 am the day prior COST: 60 & over - \$4 donation Under 60 - \$5 charge	

OPC | 650 Letica Drive | Rochester, MI | 48307 248.656.1403

The Senior Nutrition Program of AgeWays is funded in part by the Federal Older Americans Act and the Michigan Department of Health & Human Services (MDHHS)/Aging and Adult Services Agency (AASA) and complies with the terms and regulations of the Title V of the Civil Rights Act of 1964 as amended, and Section 504 of the Social Rehabilitation Act of 1973 and is an Equal Opportunity Employer program. Reasonable accommodations will be provided upon notification or request. **Contact information: www.AgeWays.org • 1.800.852.7795**

--- Meals are subject to change based on availability ---