

# SEPTEMBER 2022

## St. Germain Senior Meals

Wednesday, Thursday and Friday at 10:30 am

Carry-Out and Home-Delivered Meals Only

Home delivered meals are available based on eligibility.

WEDNESDAY	THURSDAY	FRIDAY
	1 Brat on a Bun Grilled Onions Ketchup Potato Salad Green Beans Carrot Cake  <b>Labor Day Celebration</b> <b>September Birthdays</b>	2 Salisbury Steak Gravy Mashed Potatoes Brussels Sprouts Whole Wheat Bread Honey Bee Ambrosia Carrot Cake
7 Seasoned Baked Chicken Twice Baked Mashed Potatoes Cold Pickled Beets Whole Wheat Bread Peaches & Vanilla Pudding  <b>Grandparents Day</b>	8 Ham & Scalloped Potato Casserole Pacific Blend Veggies Whole Wheat Roll Banana	9 Loaded Broccoli, Potato & Cheddar Soup Naked Chicken Breast Strips Crackers Mandarin Oranges Apple Slices Cookie
14 Chef Salad with Mixed Greens, Tomatoes, Diced Turkey, Hard Boiled Egg, Shredded Cheese Dressing Fresh Roll Minestrone Soup Cookie	15 Spaghetti & Meat Sauce Italian Blend Vegetables Garlic Breadstick Diced Pears Rhubarb Cake	16 Swedish Meatballs Mashed Potatoes Broccoli & Cauliflower Whole Wheat Bread Applesauce
21 Meat Lasagna Dill Carrots Mixed Greens Salad Dressing Garlic Breadstick Pumpkin Cake  <b>Fall Harvest</b>	22 Swiss Steak Parsley Buttered Potatoes Broccoli Whole Wheat Bread Jell-O w/ Fruit	23 Chicken Alfredo over Linguini WI Blend Vegetable Coleslaw Garlic Breadstick Grapes
28 Ham Twice Baked Mashed Potatoes Carrots Whole Wheat Dinner Roll Raspberry Sherbet Jell-O	29 Hearty Bean Soup Turkey Sandwich on Marble Rye Mayo Romaine Leaf & Tomato Slice Grape Juice Rice Krispie Treat	30 Hamburger Stroganoff Mashed Potatoes Broccoli Salad Whole Wheat Bread Strawberries



For reservations or cancellations, please call  
**Nancy Moser at 715-617-2795 (MUST Call 24 hours in advance)**

\*Lighter Substitute available in place of Main Entrée:  
 Grilled Chicken Salad (or Healthy Salad)

