

# CLARE COUNTY SENIOR SERVICES SEPTEMBER 2021 MENU

Harrison: 989-539-6515

Lake George: 989-588-9841 Ext. 01

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1. Russian Chicken Baked Potato Green Beans Fresh Orange Wheat Bread Milk	2. Mushroom & Swiss Burger Southwest Cole Slaw Apple Chocolate Milk	3. Chicken Salad on a Croissant Red Grapes Mandarin Oranges Choc. Milk
6. Labor Day Centers are Closed.  Frozen meals provided upon request.	7. Lemon Pepper Cod Rice Pilaf Broccoli Slaw Seven Grain Bread Milk	8. Hamburger Stroganoff over noodles Brussel Sprouts Sunshine Carrots Cottage Cheese Choc. Milk	9. Chicken Breast w/Basil Tomato Relish Lemon Rice w/Peas Cali Vegetable Blend Fresh Apple Milk	10. Chicken Pot Pie Mashed Potatoes Succotash Apricots Milk
13. Cold Turkey Rueben Broccoli Salad Apple Milk	14. American Goulash Italian Green Beans Pineapple Chunks Cottage Cheese Milk	15. Chicken Ratatouille Parslied Potatoes Peas Cherry Crisp Milk	16. Meatloaf Mashed Potato/Gravy Winter Squash Baked Apples Milk	17. Pork Tips w/Egg Noodles Mixed Veggies Fruit and Dip Orange Milk
20. Chicken Parmigiana Cauliflower Cinnamon Orange Baby Carrots Milk	21. Pork Chops Sweet Potatoes Green Bean Casserole Cinnamon Applesauce Choc. Milk	22. Turkey Twist Pasta Celery Sticks w/peanut butter Strawberry Yogurt Fresh Orange Milk	23. Oven Fried Chicken Garlic Mashed Potatoes w/Country Gravy Nantucket Blend Apple Choc. Milk	24. Pork Adobo Black Beans with Rice Broccoli w/Cheese Mixed Berry Juice Choc. Milk
27. Pepper Steak Squash Peas Diced Peaches Cottage Cheese Choc. Milk	28. Cod Almondine Baked Potato Creamy Cole Slaw Blue Berry Crisp Milk	29. Taco Salad with Salsa and Sour Cream Apple Milk	30. Italian Meatloaf Whole Potatoes Green Beans Fresh Orange Banana Nut Muffin Milk	<b>**indicates an optional item.</b>  <b>60 years old plus donation of \$2.25 requested.</b> <b>Under 60, \$5.00 fee per meal.</b>