


Council on Aging September 2022 HDM Menu

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<p>If you have any questions or need to cancel your meal Contact: Barbara Woody 919-542-4512 ext. 232</p>			<p>Chicken Fajitas Onions, Pepper, Lett, Tom. Mexican Rice Shredded Cheese Tortilla Orange Slices 2% Milk</p>	<p>Hamburger on Bun Lettuce and Tomato Potato Salad Fruit Crisp Melon 2% Milk</p>
	6	7	8	9
<p>COA CLOSED</p> 	<p>Beefy Macaroni Bake Broccoli Canned Fruit Yeast Roll w/Marg., Jelly 2% Milk</p>	<p>Hamburger on Bun Scalloped Potatoes Baby Lima Beans Orange Slices 2% Milk</p>	<p>Pork Tips w/Gravy Steamed Cabbage Tomatoes and Okra Cornbread w/Marg., Jelly Yogurt 2% Milk</p>	<p>Pepper Steak w/Gravy Mashed Potatoes Green Beans Seasonal Fruit Biscuit w/Marg. 2% Milk</p>
12	13	14	15	16
<p>Barbeque Chicken Yellow Rice Peas and Carrots Cupcake Seasonal Fruit Wheat Roll 2% Milk</p>	<p>Sliced Ham w/Raisins Steamed Cabbage Great Northern Beans Margarine Angel Food Cake Pineapple 2% Milk</p>	<p>Turkey Breast w/Gravy Mashed Sweet Potatoes Brocc/Caul. Salad Seasonal Fruit Biscuit w/Marg. 2% Milk</p>	<p>Salisbury Steak w/Gravy Mashed Potatoes Mixed Vegetables Yeast Roll w/Marg. Cookies 2% Milk</p>	<p>Baked Chicken Bites California Blend Vegetables Buttered Pasta Sliced Oranges Wheat Roll w/Marg. Honey Mustard Sauce 2% Milk</p>
19	20	21	22	23
<p>Baked Spaghetti Tossed Salad w/Dressing Peas Canned Fruit Wheat Roll w/Marg. 2% Milk</p>	<p>Beef Stew w/Peas, Carrots Baby Lima Beans Rice Sliced Oranges Biscuit w/Marg. 2% Milk</p>	<p>Baked Chix Breast on Bun Lettuce and Tomato Roasted Red Potatoes Fruit Crisp 3 Bean Salad 2% Milk</p>	<p>Swedish Meatballs Mashed Potatoes Baby Carrots Cookies Biscuit w/Marg. 2% Milk</p>	<p>Chicken Fajitas Onions, Peppers, Lett.,Tom. Mexican Rice Shredded Cheese Cinnamon Applesauce 2% Milk</p>
26	27	28	29	30
<p>Chicken Pasta Casserole Broccoli Margarine Cookies Seasonal Fruit 2% Milk</p>	<p>Cheeseburger on Bun Lettuce and Tomato Baked Beans Canned Fruit 2% Milk</p>	<p>Beef Taco on Tortilla Pimento Corn Mexican Rice Lett., Tom., Shredded Cheese Cinnamon Applesauce 2% Milk</p>	<p>Barbeque on Bun Slaw Parsley Potatoes Cookies 2% Milk</p>	<p>Pinto Beans Vegetable Blend w/Carrots Macaroni and Cheese Yeast Roll w/Marg. Orange Slices 2% Milk</p>