

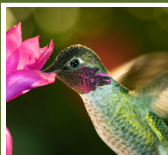


# September

## Nutrition Menu

Lunch served at OPC Mon - Fri | Noon - 12:45 pm - Reservations required by 11 am the day prior-Call 248.659.1032

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>COST OF LUNCH:</b> 60 & over - \$3 donation Under 60 - \$4 charge		<b>1 Ham Low Sodium</b> Scalloped Potatoes Brussel Sprouts Baked Apples Roll	<b>2 Beef Stroganoff</b> Egg Noodles French Cut Beans Peach Halves Roll	<b>3 Oven Baked Fish</b> Scalloped Potatoes Salad Hot Vegetable Apricots Roll
<b>6 BUILDING CLOSED</b>	<b>7 Chicken Breast w/Gravy</b> Whole Potatoes Mixed Vegetable Fruit Medley Roll	<b>8 Italian Ravioli</b> Broccoli Cuts Three Bean Salad Fruit Cocktail Roll	<b>9 Sweet &amp; Sour Meatballs</b> Rice Sugar Snap Peas Oriental Blend Vegetable Orange Salad / Roll	<b>10 Baked Cod</b> Sliced Potatoes Peas Fresh Apple Bread
<b>13 Chinese Peppersteak</b> Brown Rice Cut Green Beans Broccoli Cuts Apple Breadstick	<b>14 Pork Chop Creole</b> Roasted Potatoes Asparagus Peach Slices Whole Wheat Bread	<b>15 Smothered Chicken</b> Red Skin Potatoes Mixed Vegetables Fruit Cocktail Wheat Bread	<b>16 Bratwurst on Bun</b> German Potato Salad Sauerkraut Apple	<b>17 Lemon Pepper Cod</b> Oven Roasted Potatoes Capri Blend Vegetable Orange Wheat Roll
<b>20 Macaroni &amp; Cheese</b> Baby Beets Carrots Corn Muffin Fruit Salad	<b>21 Chicken Cutlet w/Gravy</b> Roasted Potatoes Broccoli Cuts Fresh Pear Breadstick	<b>22 Turkey w/vegetables</b> Egg Noodles Garden Salad Grapes Dinner Roll	<b>23 Turkey Burger on Bun</b> Tomato Salad Three Bean Salad Red Apple	<b>24 Tuna Pasta Salad</b> Shredded Lettuce Sliced Peaches Mini Muffins
<b>27 Stuffed Green Pepper</b> Sliced Potatoes Normandy Vegetable Apricots Wheat Bread	<b>28 Meatloaf w/Gravy</b> Whole Potatoes Brussel Sprouts Banana Roll	<b>29 Breaded Pork Patty</b> Red Skin Potatoes Peas Applesauce Roll	<b>30 Chicken Broccoli Casserole</b> Rice Prince Charles Blend Peach Slices Roll	



**Older Persons' Commission | 650 Letica Drive | Rochester, MI | 48307 248.656.1403**

The Senior Nutrition Program of the Area Agency on Aging 1-B 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.aaa1b.org • 1.800.852.7795**