



September MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>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 - \$3 donation Under 60 - \$4 charge</p>			<p>1 Beef Stroganoff Egg Noodles French Cut Beans Peach Halves Dinner Roll</p>	<p>2 BBQ Chicken Breast Roasted Potatoes Corn Salad Apple Pie Bread</p>
<p>5 BUILDING CLOSED</p>	<p>6 Chicken Tenderloin w/Gravy Whole Potatoes Mixed Vegetable Fruit Medley Dinner Roll</p>	<p>7 Italian Ravioli Broccoli Cuts Three Bean Salad Fruit Cocktail Dinner Roll</p>	<p>8 Sweet & Sour Meatballs w/Rice Sugar Snap Peas Oriental Blend Vegetable Orange Salad Dinner Roll</p>	<p>9 Baked Cod Sliced Potatoes Peas Fresh Apple Bread</p>
<p>12 Chicken Cutlet w/Gravy Brown Rice Cut Green Beans Broccoli Cuts Apple / Breadstick</p>	<p>13 Pork Chop Creole Roasted Potatoes Asparagus Peach Slices Whole Wheat Bread</p>	<p>14 Lemon Chicken Red Skin Potatoes Mixed Vegetables Fruit Cocktail Wheat Bread</p>	<p>15 Bratwurst w/Bun German Potato Salad Sauerkraut Apple</p>	<p>16 Baked Fish Oven Roasted Potatoes Capri Blend Vegetable Orange Wheat Roll</p>
<p>19 Macaroni & Cheese Baby Beets Carrots Corn Muffin Fruit Salad</p>	<p>20 Chicken Cutlet w/Gravy Roasted Potatoes Broccoli Cuts Fresh Pear Breadstick</p>	<p>21 Chicken w/Vegetables Egg Noodles Garden Salad Grapes Dinner Roll</p>	<p>22 Turkey Burger w/Bun Tomato Salad Three Bean Salad Red Apple</p>	<p>23 Tuna Pasta Salad Shredded Lettuce Sliced Peaches Mini Muffin</p>
<p>26 Stuffed Green Pepper Sliced Potatoes Normandy Vegetable Apricots Wheat Bread</p>	<p>27 Meatloaf w/Gravy Whole Potatoes Brussel Sprouts Banana Dinner Roll</p>	<p>28 Breaded Pork Patty Red Skin Potatoes Peas Applesauce Dinner Roll</p>	<p>29 Chicken Broccoli Casserole Rice Price Charles Blend Peach Slices Dinner Roll</p>	<p>30 Ham Low Sodium Scalloped Potatoes Brussel Sprouts Baked Apples Dinner Roll</p>

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