

ACAP NUTRITION PROGRAM MENU September 2020

FUNDED BY OFFICE OF THE AGING OPERATED BY ACAP MENU SUBJECT TO CHANGE W/O/NOTICE

ALL HOME DELIVERED MEAL CANCELLATIONS WILL BE ON WPTZ CHANNEL 5

	1 BAKED ZITI W/ MEAT SAUCE TOSSED SALAD GARLIC BREAD PUDDING /MIK	2 TURKEY SALAD SANDWICH TOMATO/CUKE SALAD CHOCOLATE CAKE MILK	3 BBQ RIBS PASTA SALAD WHEAT ROLL BLUEBERRY PIE MILK	4 MICHIGAN HOT DOG WHEAT HD ROLL MACARONI SALAD BROWNIE MILK
7 Closed Happy Labor Day	8 HERB CHICKEN MAC/CHEESE BEETS WHEAT BREAD FRUIT /MILK	9 PORK SAND LETT/TOMATO APPLE WALDORF SALAD JELLO MILK	10 BAKED HAM W/SAUCE SWEET POTATO CAULIFLOWER WHEAT DINNER ROLL COCONUT CREAM PIE MILK	11 GOULASH ITALIAN BLEND VEG GARLIC BREAD CHOC/CHIP COOKIE MILK
14 CHICKEN TENDERS MASHED POTATOES PES/CARROTS COOKIE WHEAT BREAD / MILK	15 SHEPARD'S PIE MASHED POTATO WHEAT BREAD PINEAPPLE MILK	16 CHICKEN/BISCUIT MASHED POTATO GREEN BEANS STRAWBERRY TRIFLE MILK	17 MEATLOAF/GRAVY Mashed Potato Carrots Gingerbread Cake Wheat bread MILK	18 ROAST BEEF SAND BULKIE ROLL BOW TIE SALAD LETT/TOMATO APPLE SAUCE MILK
21 BBQ CHICKEN BAKED BEANS VEGETABLE WHEAT DINNER ROLL FRUIT / MILK	22 BEEF STEW W/ POTATOES & MIXED VEG CORN BREAD FRUIT SALAD MILK	23 SWEET AND SOUR PORK RICE JAPANESE BLEND WHEAT DINNER ROLL MILK	24 SHREDDED BEEF W/ONIONS +PEPPERS HOAGIE ROLL RICE FRUIT/MILK	25 TURKEY VEG SOUP TUNA SALAD LETT/TOM DINNER ROLL ANGEL FOOD CAKE W/FRUIT MILK
28 HAMBURGER/CHEESE WHEAT HB BUN BAKED BEANS COLE SLAW FRUIT / MILK	29 ROAST PORK W/ GR RICE WAX BEANS SUGAR COOKIES WHEAT BREAD/MILK	30 BAKED ZITI W MEAT SAUCE TOSSED SALAD GARLIC BREAD PUDDING/MILK		