

September 2022

BAY COUNTY DEPARTMENT ON AGING

HDM/CONGREGATE MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Aug (29) AL DENTE SPAGHETTI (20) w/ SAUCE(8) Green Beans (5) Garlic & Cheese Biscuits (10) Clementine (1)	Aug (30) SAURKRAUT & PORK (21) Broccoli w/ Cheese Sauce (6) Strawberry Applesauce (13)	Aug (31) CLASSIC HAMBURGER (0) on Whole Wheat Bun (25) Tator Tots (15) Fresh Tossed Salad (3) Baked Apples (23)	(1) SWEET & SASSY MEATBALLS (21) Diced Redskin Potatoes w/ onion (13) Glazed Carrots (10) Gala Apple (29)	(2) CHICKEN NOODLE SOUP (30) Mixed Vegetables (11) Southern Style Biscuit (12) Fig Newton's (20)
(5) LABOR DAY ALL OFFICES AND ACTIVITY CENTER ARE CLOSED 	(6) CHICKEN BREAST w/ TERRAGON GRAVY (4) OVER BROWN RICE (16) Colorful Peas/Carrots (9) Snickerdoodle (28) Cranberry Juice (17)	(7) MARINATED CHICKEN BREAST (1) Baked Potato (18) w/ Broccoli Cheese Sauce (6) Banana Pudding (25)	(8) POLLOCK ALMONDINE (7) Cheesy Mashed Potatoes (16) Mixed Vegetables (11) Mandarin Oranges & Pineapple Chunks (20)	(9) TACO SALAD (26) Strawberry Kiwi Slushie (22)
(12) GOURMET CHICKEN TETRAZZINI (31) Kyoto Blend Vegetables (9) Hawaiian Roll (0) Apricots (15)	(13) SAVORY BEEF STEW w/ VEGETABLES (9) Garlic/Cheese Biscuits (10) Parmesan Brussel Sprouts (7) Fresh Clementine (9)	(14) PATTY MELT (6) on WHOLE WHEAT BUN (25) Oven-Baked Potato (33) Colorful Peas & Carrots (9) Apple (21)	(15) HAM (1) Scrambled Eggs (3) Hash Brown Rounds (19) Cheese Danish (17)	(16) CHICKEN & PASTA ALFREDO (21) Diced Carrots (7) Hawaiian Roll (0) Fresh Pear (23)
(19) GOLD COAST PORK CHOP (1) Ranch Mashed Potatoes (17) Garden Green Peas (11) Chocolate Chip Cookies (27)	(20) COD FISH FILET (17) on WHOLE WHEAT BUN (25) Redskin Potatoes (23) Corn (22) Tapioca Pudding (25)	(21) COUNTY FRIED STEAK w/ Gravy (22) Corn (22) Garlic Cheese Biscuit (10) Apple/ Carmel Dip (4)	(22) CRISP CHICKEN FINGERS (11) Tator Tots (17) Cali Blend Vegetables (4) Chocolate Pudding (27)	(23) SPINACH SALAD (46) Fresh Orange (18)
(26) ITALIAN STEAK SANDWICH (4) on WHOLE WHEAT BUN (25) Down Home Fries (15) Green & Yellow Beans (6) Cranberry Juice Cup (17)	(27) SMOTHERED CHICKEN (7) Diced Redskin Potatoes w/onions (13) Kyoto Blend Vegetables (9) Peaches (14)	(28) HAWAIIAN MEATBALLS (27) Friend Rice (19) Oriental Blend Vegetables (6) Pineapple Upside Down Cake (45)	(29) BAKED PORK CHOP w/ MUSHROOM GRAVY (7) Steamed Brown Rice (17) Cali Blend Vegetables (4) Tropical Fruit Salad (21)	(30) VEGGIE LASAGNA (36) Scandinavian Blend Vegetables (7) Lemon Pudding (33) Honey Dinner Roll (12)

All Meals at the Activity Centers served with Fat-Free Milk (13) Number next to the menu item indicates carbohydrate count.
 Menu is subject to change without notice. Be advised menu items may contain nuts. **Main Office: (989) 895-4100**