

September 2010 - Ionia County Commission on Aging



Sept 6
Labor Day
Com on Aging Closed

Sept 7
Baked Pollock w/ rub
Red Skin Potatoes
Harvard Beets
Dinner Roll
Peach and Pear Halves
Ionia Site - Salad Bar

Sept 1
Chicken and Noodles
Whipped Potatoes
Mixed Vegetables
Mixed Fruit
Oatmeal Raisin Cookie

Sept 2
Meatballs
Mashed Potatoes
Spinach
Muffin
Applesauce

Sept 3
Pork Chops
Baby Bakers
Peas
Fresh Baked Bread
Apricots

Sept 8
Denver Omelet
Hash Browns
Sliced Apples
Bread Pudding w/ Raisins

Sept 9
Baked Chicken
Marinated Vegetables
Mashed Winter Squash
Garlic Bread
Orange Slices

Sept 10
Goulash
Peas
Dinner Roll
Mixed Melon

Sept 13
Tilapia
Asparagus
Cali. Blend Vegetables
Whole Wheat Roll
Applesauce

Sept 14
Italian Beef Casserole
Baked Potato
Cabbage
Corn Bread
Plum

Sept 15
Baked Veal
Broccoli
Winter Squash
Wild Rice
Cherry Pie

Sept 16
BBQ Chicken
Brussel Sprouts
Corn
Garlic Bread
Pineapple Slices

Sept 17
Hamburger
French Fries
Baked Beans
Whole Wheat Bun
Cantaloupe

Sept 20
Beef Barley Soup
Potato Cubes
Crackers
Apple Juice

Sept 21
Lemon Chicken
Creamed Potatoes and Peas
Zucchini
Whole Wheat Roll
Apple
Ionia Site - Salad Bar

Sept 22
Beef Stroganoff
Broccoli
Parsley Potatoes
Biscuit
Pumpkin Pie

Sept 23
Turkey A La King
Whipped Potatoes
Wax & Green Beans
Fresh Baked Bread
Melon Chunks

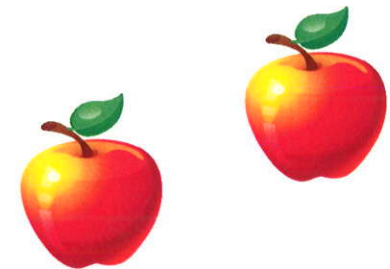
Sept 24
Salisbury Steak
Mashed Potatoes
Cali. Blend Vegetables
Dinner Roll
Pineapple Chunks

Sept 27
Lynne's Meatloaf
Rosemary Red Potatoes
Mixed Vegetables
Fresh Baked Bread
Mandarin Oranges

Sept 28
Roast Turkey
Connie's Spinach Bake
Corn
Whole Wheat Roll
Fruit Medley

Sept 29
Chicken Divan
Red Cabbage
Broccoli
Apple Pie

Sept 30
Sloppy Joes
Potato Cubes
Peas and Carrots
Fruit Cocktail



Suggested Donation \$2.00 per meal.

Menu is subject to change without notice.

All meals served with milk.

Call 616-527-5365 or toll free 888-527-5365 for details on Home Delivered Meals and Congregate Meals