

September 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	September 1 Chicken Salad on a Croissant Three Bean Salad Cucumbers Yogurt with Mixed Berries	September 2 Salisbury Steak with LS Gravy Mashed Potatoes Green Beans Fruit Cocktail	September 3 Grilled Chicken Parm Over pasta Sweet Peas Dinner Roll Grapes	September 4 Potato Encrusted Cod Parsley Potatoes Carrots Fresh Baked Cookie
September 7 <i>Happy Labor Day</i> Program Closed	September 8 <i>Happy Labor Day!</i> Pulled Pork on a Bun Oven Brown Potatoes Broccoli Florets Chocolate Pudding	September 9 Macaroni and Cheese Stewed Tomatoes Broccoli Melon Cup	September 10 Chicken Patty Tater Tots Rutabaga Plum	September 11 Chef Salad with Egg, Cheese and Turkey Country Style Tomatoes Fig Newtons
September 14 Tuscan Chicken Pasta Normandy Blend Veg Dinner Roll in Tray Fresh Banana	September 15 Meatloaf with Gravy Mashed Potatoes Peas and Carrots Chef's Choice Pudding	September 16 Egg Salad on Spinach Country Style Tomatoes Macaroni Salad Sliced Pears	September 17 Cheeseburger on a Bun Baked Beans Yellow Sweet Corn Fruited Jello	September 18 Quiche Lorraine Brussel Sprouts Warm Beets Apples with Cinnamon
September 21 American Goulash Cauliflower Dinner Roll in Tray Fresh Peach	September 22 Pork Chop Supreme Brown Rice Broccoli Rice	September 23 <i>Happy September Birthdays</i> French Toast Casserole Diced Potatoes Sausage Link Apple Cake	September 24 Chicken Ceasar Salad Veggie Mac Salad Cottage Cheese Pineapple and Cherries	September 25 Lemon Butter Cod over Brown Rice Peas and Pearl Onions Dinner Roll in Tray Lorna Doone Cookies
September 28 Chili Con Carne over Rice Lima Beans Mandarin Oranges	September 29 Honey Baked Ham with Raisin Sauce Mashed Sweet Potato Collard Greens Fresh Pear	September 30 LS Hot Dog with Meat Sauce Diced Potatoes Buttered Corn Strawberries and Cream	Allergy information available upon request	<u>Our meals contain:</u> 3-4 oz of protein 1 cup of dairy 1 cup of vegetables 1 cup of fruit 2 oz of whole grains 2 tsp of healthy fat

Meals should be eaten when delivered or immediately refrigerated and reheated to 165-degrees.

TO CANCEL OR RESTART YOUR HOME DELIVERED MEALS - Call 518-746-2357

Congregate Meal Sites: Cambridge 518-677-8592 - Hudson Falls 518-747-9352 - Whitehall 518-499-2482

Menus subject to change.

<https://www.seniorcenterkfe.com>