

September 2025

Monday	Tuesday	Wednesday	Thursday	Friday
01) Labor Day Closed	02) BBQ Ribette Polish Sausage Au gratin potatoes Sauerkraut Lemon fluff	03) Chef Salad Hamburger stroganoff California blend Fruit cup Cookie	04) Pork Chop Roast turkey Mashed potato/gravy Carrots Cheesecake	05) Taco salad Muffin Mixed fruit
08) Sweedish Meatball Baked chicken Mashed potato/gravy Mixed vegetables Pudding/topping	09) Tater Crust fish Meatloaf Baked potato Creamed corn Brownie	10) Chicken strips Pork roast Mashed potato/gravy Steamed broccoli Cake	11) Ham & Cheese/Bun Sloppy joe/bun Baked beans Potato Salad Cookie	12) Chicken Dumpling soup Sandwich Dessert
15) Pork Chop Country fried steak Potato Casserole Coleslaw Lemon puff dessert	16) Creamy Chicken Breast Salisbury steak Baked potato Creamed carrots Rosy applesauce	17) Fish/bun Chicken melt Potato salad Baked beans Fruit cup	18) Crispy chicken salad Spaghetti W/Meat Sauce Yellow beans Garlic toast medallions Mandarin oranges	19) Chef Salad Muffin Juice Cookie
22) Tuna tetrazzini Chicken ala king White rice Fruit cup Pudding/topping	23) Liver & Onions Baked ham Scalloped potatoes Green beans Pineapple upside down cake	24) BBQ Ribette Meatballs Mashed potato/gravy Mixed vegetables Cookie	25) Stew Chicken and dumplings Carrots Fruit juice Chocolate cake	26) Biscuits & gravy Scrambled eggs Fruit juice Fruit
29) Pepper Steak Baked fish Au gratin potatoes Peas Posy pears	30) Chicken Alfredo Goulash Waxed beans Bread stick Cinnamon apples	Meals are served with low fat milk, break and margarine	This meal is prepared in a facility that uses wheat, soy, dairy and nuts.	Menu is subject to change. Meals are served with low fat milk, bread, and margarine.

Please call by 8:00 with changes or leave a message anytime. NSI provided this service through a contract with the DSAAA with funding from the Federal Older Americans Act through the Minnesota Board on Aging.

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