

Neighborhood House 309-674-1131
SEPTEMBER 2022
 (Meals are subject to change)

Mon Tue Wed Thu Fri

Milk is included in all meals						Tremont			
Meal Components						Hopedale			
<ul style="list-style-type: none"> • 3 oz. serving meat /protein • 1 1/2 cups vegetable and/or fruit • 2 servings grain • 8oz low fat milk 						Pekin			
Guests/Private Pay \$5.00						Washington Heartland Apt.			
Recommended									
Donation for Home Delivery & Congregate Programs \$3.00									
19	Pork tenderloin Carrots Peas WG Roll Orange	20	Chicken Taco Lettuce/Tomato/Cheese Black beans Corn WG Tortilla Pears	21	B.B.Q. Meatball Green beans Beets WG Bun Pineapple	22	Sausage Patty English Muffin Stewed Tomatoes Broccoli Applesauce	23	Chicken patty Cauliflower Mixed Vegetables WG Bun Banana
26	Pork Riblet Sweet Potatoes Mixed Vegetables WG Bun Apple	27	Beef Taco Lettuce/Tomato/Cheese Refried Beans Corn WG Tortilla Peaches	28	Chicken Parmesan Lima Beans Carrots WG Roll Mandarin Oranges	29	Beef Tenderloin Peas Beets WG Bun Pears	30	Ham & Beans Corn bread Green Beans Hot Cin. Apples
5	CLOSED LABOR DAY	6	Lemon Chicken Cauliflower Beets WG Roll Orange	7	Beef Hot Dogs Baked Beans Corn WG Bun Peaches	8	Egg & Cheese Omelet French Toast Stewed Tomatoes Peas Applesauce	9	Hamburger Patty Green Beans Carrots WG Bun Bananas
12	Pulled Pork Sweet Potatoes Cauliflower WG Bun Apple	13	B.B.Q. Chicken Broccoli Beets WG Roll Pineapple	14	Meatball Marinara Green Beans Carrots WG Bun Mandarin Oranges	15	Chicken Nuggets Mashed Potatoes/Gravy Corn Peaches	16	Stippy Joe Lima Beans Mixed Vegetables WG Bun Hot Cin. Apples

*** Cold Meal will
 Be delivered 9/2
LETTUCE MIX
DICED HAM
CHEESE/TOMATO
ONION/CRAISINS
ROLL
PINEAPPLE