

Neighborhood House 309-674-1131

SEPTEMBER 2023

(Meals are subject to change)

	Mon	Tue	Wed	Thu	Fri	Tremont
<p>Milk is included in all meals</p> <p>Meal Components</p> <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 <p>Guests/Private Pay \$6.00</p> <p>Recommended Donation for Home Delivery & Congregate Programs \$3.00</p>					<p>1</p> <p>Fish Patty Mixed Vegetables Cauliflower WG Bun Banana</p>	<p>*** Cold Meal will Be delivered 9/1 Spinach Diced Chicken Cheese/Tomato/ Onion/Craisins WG Roll Mandarin Oranges</p>
	<p>4</p> <p>CLOSED LABOR DAY</p>	<p>5</p> <p>Lemon Chicken Beets Green Beans WG Roll Apple</p>	<p>6</p> <p>Hot Dog Baked Beans Carrots WG Bun Pineapple</p>	<p>7</p> <p>Cheese Omelet French Toast Stewed Tomatoes Broccoli Applesauce</p>	<p>8</p> <p>Hamburger Patty Corn Lima Beans WG Bun Banana</p>	
	<p>11</p> <p>Chicken Parmesan Cauliflower Green beans WG Roll Orange</p>	<p>12</p> <p>B.B.Q. Meatballs Mixed Vegetables Beets WG Bun Mandarin Oranges</p>	<p>13</p> <p>Chicken Nuggets Carrots Broccoli Peaches</p>	<p>14</p> <p>Beef & Bean Burrito Spanish Rice Corn Pineapple</p>	<p>15</p> <p>Pulled Pork Sweet potatoes Peas WG Bun Banana</p>	
	<p>18</p> <p>Sloppy Joe Carrots Peas WG Bun Apple</p>	<p>19</p> <p>Chicken Taco Lettuce/Tomato/Cheese Black Beans Corn WG Tortilla Pineapple</p>	<p>20</p> <p>Meatball Marinara Green beans Beets WG Bun Mandarin Oranges</p>	<p>21</p> <p>Chicken Tenders Mashed potatoes/Gravy Mixed Vegetables Peaches</p>	<p>22</p> <p>Pork Riblet Sweet Potatoes Broccoli WG Bun Banana</p>	
	<p>25</p> <p>Chicken Patty Cauliflower Beets WG Bun Orange</p>	<p>26</p> <p>Beef Taco Lettuce/Tomato/Cheese Refried Beans Corn WG Tortilla Peaches</p>	<p>27</p> <p>B. B.Q. Chicken Broccoli Mixed Vegetables WG Roll Pineapple</p>	<p>28</p> <p>Sausage Patty English Muffin Stewed Tomatoes Peas Applesauce</p>	<p>29</p> <p>Beef Tenderloin Green Beans Carrots WG Bun Hot Cin. Apples</p>	