


SEPTEMBER MEALS & MORE

Key
Menu
Café Event

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>HOME-DELIVERED MEALS We deliver 1 hot meal and 4 frozen meals once each week. For Tues - Fri frozen meals, see the previous week's menu.</p> <p><i>Menu based on what our kitchen is cooking on the indicated day. Café calendar and menu may change without notice.</i></p>			<p>1 Shepard's Pie Balsamic Carrots Turnip Greens Wheat Roll</p>	<p>2 Seared Chicken Thighs in Onion Gravy Butter Beans Creamed Corn</p>
			<p>BINGO New Century Hospice</p>	<p>Misc. Craft Day</p>
<p>HAPPY LABOR DAY</p> 	<p>6 Beef Stew Honey Glazed Carrots Cornbread</p>	<p>7 Half Chicken Bake Pasta in Tomato Sauce Squash Peaches and Cream</p>	<p>8 Meatloaf Whipped Potatoes Asparagus Cornbread</p>	<p>9 Beef Ravioli in Marinara Broccoli Apple Crisp</p>
<p>MOWSTx Closed Labor Day</p>	<p>BINGO First Christian Church</p>	<p>Karaoke! Golden Groove</p>	<p>BINGO Carter Healthcare</p>	<p>Weirdo Day Wear your weirdest outfit to the Café</p>
<p>12 Ham & Turkey Wraps Side Salad Mixed Fruit</p>	<p>13 Red Beans & Rice Stewed Okra Raspberry Bars</p>	<p>14 Grilled Pork Chops Sweet Potato Mash Turnip Greens Chocolate Cake</p>	<p>15 Tilapia Wild Rice Squash & Zucchini Lemon Bar</p>	<p>16 Beef & Broccoli Bowl Vegetable Stir Fry Pot Stickers</p>
<p>Presentation Midcoast Family Services</p>	<p>BINGO New Century Hospice</p>	<p>Coloring Day Bring your favorite pens. We're coloring!</p>	<p>BINGO White Elephant <i>Food Bank, 10:00 AM</i></p>	<p>Stroke & Heart Health Presentation</p>
<p>19 Flatbread Pizza Salad Oranges Oatmeal Cookie</p>	<p>20 Enchilada Casserole Rice & Beans Pineapple Cake</p>	<p>21 Smothered Steak Roasted Potatoes Collard Greens Crisp</p>	<p>22 Roasted Pork Loin Rice Pilaf Green Beans & Carrots Chocolate Chip Cookie</p>	<p>23 Pot Roast Whipped Potatoes Corn Cob Apple Cobbler</p>
<p>Presentation Midcoast Family Services</p>	<p>BINGO Harbor Hospice</p>	<p>Crafts @ the Café Victoria Public Library</p>	<p>BINGO Humana</p>	
<p>26 Chicken Salad on Croissant Baked Chips Pineapple Chunks</p>	<p>27 Green Chili Pork Rice & Beans Tres Leches Cake</p>	<p>28 Rigatoni in Meat Sauce Broccoli & Cauliflower Wheat Roll</p>	<p>29 Scrambled Eggs Sausage Hashbrown Peaches</p>	<p>30 Chicken Spaghetti Roasted Carrots in Vinaigrette Muffin</p>
	<p>BINGO Creative Solutions in Healthcare</p>		<p>BINGO</p>	<p>September Birthdays United Healthcare</p>
<p><i>Pet Food Delivery</i></p>				