

Catholic Charities Senior Nutrition Menu

September 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	1 Spaghetti w/ Meat Sauce Noodles Green Beans Peaches Bread Dessert	2 Baked Potato w/ cheese Diced Ham Broccoli Brownie Breadstick	3 Fried Chicken Sweet Potatoes Coleslaw Ice Cream Cup	4 Chicken Salad on a Croissant Fresh Fruit Kettle Chips Cake		
7  CLOSED	8 Hamburger Steak w/ w/ Sauteed Onions Noodles Beets Bread	9 Sliced Ham Scalloped Potatoes Green Beans Bread	10 Tilapia Rice Vegetable Normandy Bread	11 BBQ Pork Macaroni & Cheese Broccoli Cookie		
14 Chicken O'Brien Potatoes Carrots Bread	15 Stuffed Pepper Casserole Garden Salad Brownie Bread	16 Turkey Meatballs over Noodles Mixed Vegetables Pineapple Bread Jello	17 Egg & Hashbrown Bake Applesauce Broccoli Pastry	18 Chow Mein Rice Oriental Vegetables Mandarin Oranges Fortune Cookie		
21 BBQ Chicken Tator Tots 3 Bean Salad Bread Cookie	22 Porcupine Meatballs Half of a Baked Potato Peas Brownie	23 Soup Cold Cut Sandwich Banana	24 Chicken Ala King over 1 biscuit Pineapple Cookie	25 Salmon Patty on a bun Cucumber Salad Kettle Chips		
28 Beef Ravioli w/ Sauce Vegetable Normandy Bread Cereal Bar	29 Chicken Enchiladas Spanish Rice Black Beans Churros	30 Country Steak Whipped Potatoes w/ gravy Broccoli Bread Cookie	Milk is served with every meal. Menu is subject to change. Partially funded under contract with the Central Minnesota Council on Aging as part of the Older Americans Act and Administered by Catholic			