

September
Menu
2010



CAP AGENCY
SENIOR DINING and
MEALS ON WHEELS
A SENIOR SERVICE OF
SCOTT-CARVER-DAKOTA
CAP AGENCY, INC.



FOR YOUR
DINING
PLEASURE

Monday	Tuesday	Wednesday	Thursday	Friday
There is always a piece of fortune in misfortune... <i>Japanese Proverb</i>		1 Baked Ham with Fruit Sauce Mashed Sweet Potato Spinach and Onions Rye Bread Diced Pineapple SR Turkey with Fruit Sauce	2 Summer Salad Chicken Spiral Pasta Salad With Craisins Peach Half 3 Bean Salad Blueberry Muffin Mint Brownie RCD Oatmeal Cookie	3 Stuffed Veal Cutlet with Mushroom Gravy OR: Pepper Steak with Mushroom Gravy Mashed Potatoes Summer Harvest Lettuce Salad Wheat Bread Donut SR Gravy
		6 Labor Day	7	8
LABOR DAY HOLIDAY SITE CLOSED	Meatballs with Creole Sauce White Rice Oriental Blend Vegetables Bread Stick Mandarin Oranges Peach Crisp RCD Oatmeal Cookie	Lasagna Rollups/Marinara And Mozzarella Cheese Country Blend Vegetables Apple Slices French Bread Cherry Strudel Stick SR Marinara Sauce	Ginger Pork Loin with Gravy Mashed Potatoes Cooked Sweet & Sour Cabbage Whole Wheat Dinner Roll Chocolate Pudding SR Sliced Turkey/SR Gravy RCD Chocolate Pudding	Sloppy Joe on a Bun Jo Jo Potatoes Tossed Salad with Ranch Dressing Frosted Sweet Potato Bar SR Jo Jo Potatoes RCD Unfrosted Bar
13	14 Soup and Sandwich	15	16	17
Tator Tot Casserole Diced Beets 9 Grain Bread Butterscotch Swirl SR Casserole RCD Swirl	Creamy Wild Rice Soup With Diced Carrots Ham Sandwich on a Wheat Bun Coleslaw Banana SR Soup SR Turkey Sandwich/Mayo	Salisbury Steak with Onion Gravy Mashed Potatoes Peas Wheat Bread Lemon Meringue Pie SR Onion Gravy RCD Peanut Butter Cookie	Seasoned Baked Chicken Mashed Potatoes Apple Almond Stuffing Green Beans Chocolate Cake with Chocolate Frosting RCD Unfrosted Cake	Chicken Florentine over Penne Pasta Garden Salad with Italian Dressing French Bread Tapioca Pudding SR Florentine/Noodles RCD Vanilla Pudding
20	21 Pie!	22	23 Autumn Begins	24
Italian Turkey Meatloaf With Sauce Mashed Potatoes Italian Vegetables 9 Grain Bread Harvest Bar SR Sauce RCD Unfrosted Bar	Ham & Scalloped Potatoes With Peppers & Onions Cauliflower and Peas Rye Bread Pumpkin Pie SR Turkey and Scalloped Potatoes	Tuna Pasta Salad with Vegetables OR: Chicken Pasta Salad Peach Half Wheat Dinner Roll Mixed Fruit	Beef Vegetable Chow Mein Casserole (Brown Rice) Chinese Noodles Pineapple Tidbits Almond Cookie SR No Soy Sauce RCD Lorna Doones	Sliced Turkey with Gravy Wild Rice Blend Diced Squash Peach Half Cranberry Apple Crisp SR Gravy RCD Angel Food Cake
27	28	29 Birthday Meal	30	
Swiss Steak with Tomatoes Au Gratin Potatoes Glazed Carrots Wheat Bread Gingerbread with Lemon Sauce SR Au Gratin Potatoes SR Tomato Sauce RCD No Sauce	Turkey ala King with Vegetables Diced Beets Biscuit Lemon Cookie RCD Ranger Cookie	Beef Pot Roast Mashed Potatoes with Gravy Rutabagas Multi Grain Bread Carrot Cake with Cream Cheese Frosting SR Gravy RCD Unfrosted Cake	Healthy Baked Fish with Lemon Juice OR: Chicken Patty with Honey Mustard Baked Potato w/Margarine Broccoli Wheat Bread Cherry Gelatin RCD Cherry Gelatin	

*Reservations must be made two days in advance.

Meals include 1% milk and margarine. Other food options are as noted: SR=salt restricted, RC=restricted calories and RCD=restricted calorie dessert. If you are on a salt restricted diet and/or reduced calorie diet, please inform the site coordinator so the appropriate food can be delivered to you. We use only fresh, light or juice packed fruits; vegetables are served without salt or fat. We are happy to serve you delicious, healthy and nutritious foods. Questions regarding meals or options can be directed to the site coordinator in your community at the numbers listed below. Thank you for dining with CAP Agency Senior Nutrition!

Senior Dining Sites					
Scott County		Carver County		Dakota County	
Belle Plaine	(952) 873-6311 M-F a.m.	Chaska	(952) 448-9303 ext 1132	Apple Valley	(952) 431-1831 M-F a.m.
Jordan	(952) 492-2208 M-F a.m.		(Different Menu)	Burnsville	(612) 669-2911 M-F a.m.
New Prague	(952) 758-2652 M-F a.m.	Chanhassen	(952) 227-1127	Eagan	(612) 669-2912 M-F a.m.
Prior Lake	(952) 447-8895 M-F a.m.	Waconia Legion	(952) 442-5478 M-F MOWS	Farmington	(612) 940-9590 M-F a.m.
Shakopee	(952) 445-9515 M-F a.m.	Watertown Elim	(952) 955-3793 Different Menu M-F	Hastings	(651) 437-7133 M-F a.m.
				Inver Grove Hts	(651) 554-1473 M-F a.m.
				Lakeville	(612) 669-2913 M-F a.m.
				Mendota Heights	(651) 905-0257 M-F a.m.
				Rosemount	(612) 669-2910 M-F a.m.
				South St Paul	(651) 552-9136 M-F a.m.

CAP Agency Senior Nutrition is funded through the Federal Older Americans Act by a contract with the Metropolitan Area Agency on Aging, state appropriations, CAP Agency and participant contributions. Your comments are welcome. Program staff can be reached at the Shakopee Office at 952-496-2125.