

**Shakopee
September
Menu
2019**



**CAP AGENCY
HOME DELIVERED MEALS
A SENIOR SERVICE OF
SCOTT-CARVER-DAKOTA
CAP AGENCY, INC.**



**FOR YOUR
DINING
PLEASURE**

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
LABOR DAY HOLIDAY CAP AGENCY CLOSED	Chicken Quesadilla Cilantro Rice Fajita Vegetables Grapes	Quiche Loraine Breakfast Potatoes Marble Rye Bread Mandarin Oranges Mini Apple Turnover	Grilled Chicken Sandwich Lettuce/Tomato Slices Dijon Mustard Potato Salad Peaches	Smoked Pork Loin Roasted Sweet Potatoes Peas Whole Wheat Roll Cantaloupe
9	10	11	12	13
Chicken Milanese Fettuccini Asparagus Tossed Salad & Dressing Pears	Shepherd's Pie Vegetable Medley Whole Wheat Roll Applesauce Cherry Strudel Bite	Pulled Pork Sandwich Baked Beans Brussel Sprouts Pineapple Butterscotch Pudding	Baked Lemon Pepper Tilapia Fish Rice Pilaf Cole Slaw Market Fresh Fruit	Turkey Breast Baked Potato Butter/Sour Cream Corn Multigrain Bread Watermelon
16	17	18	19	20
Beef Pot Roast Mashed Potatoes & Gravy Glazed Carrots Whole Wheat Roll Honeydew Melon	Chicken & Broccoli Fried Rice Mixed Vegetables Mandarin Oranges Fortune Cookie	Herb Roasted Pork Loin Au Gratin Potatoes Peas Pumpnickel Bread Peaches Cookie	Grilled Chicken Breast Wild Rice Asparagus Fruit Cocktail Cheesecake	Hot Ham & Cheese Sandwich Hashbrown Potatoes Tomato Roughy Salad Fresh Fruit
23	24	25	26	27
BBQ Chicken Corn Bake Cole Slaw Whole Wheat Roll Watermelon	Salisbury Steak Mashed Potatoes Broccoli Multigrain Bread Diced Pears	Chicken Florentine Fettuccini Green Beans Garlic Knot Cantaloupe	Hamburger on Bun Lettuce/Tomato Parmesan Potatoes Zucchini Grapes	Grilled Chicken Caesar Salad Baby Carrots Whole Wheat Roll Honeydew Melon Brownie
30				
Grilled Pork Chop Rice Pilaf Sautéed Vegetables Fruit Cocktail Oreo Fluff				

Meals include 1% milk. We use only fresh, light or juice packed fruits; vegetables are served without salt or fat. Thank you for dining with CAP Agency Senior Nutrition!

PHONE NUMBER: 952-402-9814

Reservations and Cancellations must be made two business days in advance.

Best time to reach the Shakopee Senior Service Coordinator is 2-5 pm. Voicemail or text messages can be left at any time.

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 952-402-9855.