

**September
Menu
2019**



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



**FOR YOUR
DINING
PLEASURE**

Monday	Tuesday	Wednesday	Thursday	Friday
Labor Day 2	3	4	5	6
Site Closed Bag Lunch Chicken Salad on Ciabatta Potato Salad Diced Peaches Rice Krispy Treat Call your site by: 8/23/19 to order	Lemon Pepper Roasted Chicken Roasted Red Potato Wedges German Blend Vegetables WW Dinner Roll/Butter Diced Pears Butterscotch Pudding RCD: Vanilla Pudding	Beef Stuffed Green Peppers Au Gratin Potatoes 5 Way Blend Vegetables Rye Bread/Butter Apple Slices	Chicken Caesar Salad Parmesan Cheese Croutons Caesar Dressing Honey Cornbread/Butter Mandarin Oranges Brownie	Beef Meatloaf with Ketchup Glaze Mashed Potatoes & Gravy Peas Multigrain Bread/Butter Diced Peaches
9	10	11	12	13
Grilled Sweet & Sour Chicken Vegetable Fried Rice Carrots Breadstick/Butter Sliced Pears	Beef Meatballs Spaghetti & Marinara Sauce Italian Green Beans Breadstick/Butter Tropical Fruit Cherry Strudel	Turkey Corn Dog Ketchup/Mustard Jo Jo Potatoes Cantaloupe Tapioca Pudding	Chicken Parmesan WW Penne Pasta with Marinara Sauce CA Blend Vegetables Diced Peaches Carrot Cake w./ Cream Cheese Icing RCD: No Icing	Sloppy Joe on WW Bun Spinach Salad Croutons Balsamic Dressing Mandarin Oranges Toffee Cookie
16	17	18	19	20
Chicken Strips Honey Mustard sauce Mac & Cheese Green Beans Multigrain Bread/Butter Applesauce Brownie	Country Fried Steak Mashed Potatoes Country Gravy Peas and Carrots Hawaiian Bread/Butter Ambrosia Dessert	Beef Shepherd's Pie Italian Blend Vegetables WW Dinner Roll/Butter Apple Slices Sugar Cookie	Roast Turkey Mashed Potatoes & Gravy Carrots Breadstick/Butter Peach Slices Fruited Strawberry Gelatin	Beef Lasagna Corn Garlic Bread/Butter Fruit Cocktail Chocolate Pudding with Whipped Topping RCD: Chocolate Pudding
23	24	Birthday Meal 25	26	27
BBQ Beef Riblet on Whole Grain Hoagie Bun OR: BBQ Chicken BBQ Sauce Corn Cole Slaw Spice Cake w./ Cream Cheese Icing RCD: No Icing	Grilled Chicken & Broccoli Stir Fry Rice/Soy Sauce Peas French Bread/Butter Mandarin Oranges Fortune Cookie	Pot Roast Mashed Potatoes & Gravy Carrots WW Dinner Roll/Butter Chocolate Cake with White Icing & Sprinkles RCD: No Icing	Steakburger on a Bun Leaf Lettuce/Tomato Ketchup/Mustard Jo Jo Potatoes Honeydew Chocolate Chunk Cookie	Baked Fish with Panko Parmesan Topping OR: Chicken Parmesan with Marinara Sauce Rice Pilaf Broccoli Multigrain Bread/Butter Tropical Fruit Blueberry Strudel Bites
30				
Chicken Wild Rice Casserole Honey Glazed Carrots WW Dinner Roll/Butter Sliced Pears Snickerdoodle Cookie				

Reservations and Cancellations must be made three days in advance.

Meals include 1% milk and butter. RCD=restricted calorie dessert. If you are on a 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. Questions regarding meals or options can be directed to the site coordinator in your community at the numbers listed below, Monday through Friday mornings. Thank you for dining with CAP Agency Senior Nutrition!

SENIOR NUTRITION SITES

SCOTT COUNTY		CARVER COUNTY		DAKOTA COUNTY	
Belle Plaine	952-873-6311	Chaska (Different Menu)	952-361-5072	Apple Valley	952-431-1831
Jordan	952-492-2208	Chanhassen	952-227-1127	Eagan	612-669-2912
New Prague	952-758-2652	Waconia-HDM Only	952-442-5478	Farmington-HDM Only	612-940-9590
Prior Lake	952-447-8895			Hastings	651-437-7133
Shakopee-HDM Only	952-402-9814			Inver Grove Heights & So St. Paul	651-554-1473
(Different Menu)				Lakeville	612-669-2913
				Mendota Heights	651-905-0257
				Rosemount	612-669-2910

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.