



September

Enjoy a delicious lunch in the OPC Dining Room, Monday through Friday at 12:00 pm

Please call by 11:00 am the day before or for a meal on Monday call by 11:00 am on Friday. Call 248.656.1403 Ext 0 60 and Over - \$3 suggested donation | Under 60 - \$4 charge | Menu is subject to change based on availability

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2  Building Closed	3 Roast Turkey Brown Rice Roasted Brussel Sprouts Romaine Salad Orange	4 Beef Pastie w/Gravy Spinach Romaine Salad Dilled Carrots Cranberry Jello w/fruit	5 BIRTHDAY LUNCH Stuffed Cabbage Whipped Potatoes Broccoli Cuts Pear Slices	6 Chicken Cavatappi Pasta Romaine Spring Mix Asparagus Banana
9 Pork Chop Creole Red Skin Potatoes Crunchy Pea Salad Applesauce	10 Baked Chicken w/Gravy Baked Potato Green Beans Citrus Sections	11 Macaroni & Cheese Baby Beets Spinach Romaine Salad Corn Muffin Fruit Salad	12 Kielbasa on a Bun Baked Beans Sauerkraut Red Apple	13 Lemon Pepper Cod Au Gratin Potatoes Capri Blend Vegetable Cole Slaw w/Green Pepper Fruit Cocktail
16 Chicken Chow Mein White Rice Spinach Romaine Salad Peach Slices	17 Tuna Pasta Salad Peas Mini Muffin Mixed Fruit Cup	18 Ham Scalloped Potatoes Peas and Carrots Cabbage Slaw Sliced Pineapple	19 Carribean Chicken Red Skin Potatoes Brussel Sprouts Diced Pears	20 Turkey Burger Sante Fe Salad Cookie Grapes
23 Chinese Peppersteak Oriental Blend Rice Vegetable Slaw Peaches	24 Chicken Cacciatore Whipped Potatoes Romaine Salad California Blend Orange	25 Salisbury Steak Whole Potatoes Italian Green Beans Spinach Salad Tropical Fruit Salad	26 Baked Cod Sliced Potatoes Romaine Salad Key West Vegetable Blend Apple	27 Mostaccioli Cabbage Pineapple Slaw Succotash Four Fruit Salad
30 Stuffed Pepper Whole Potatoes Prince Charles Blend Apple			BIRTHDAY LUNCH Thursday, Sept 5 11:45 am - 12:30 pm Seniors celebrating birthdays will receive a complimentary lunch. SIGN UP by 11 am on Wed, Sept 4 and identify yourself as a "Birthday Senior". Call 248-656-1403 Ext. 0.	



Older Persons' Commission • 650 Leticia Drive • Rochester, MI • 48307 • 248.656.1403

The Senior Nutrition Program of the Area Agency on Aging 1-B is funded in part by the Federal Older Americans Act and the Michigan Department of Health & Human Services (MDHHS)/Aging and Adult Services Agency (AASA) and complies with the terms and regulations of the Title V of the Civil Rights Act of 1964 as amended, and Section 504 of the Social Rehabilitation Act of 1973 and is an Equal Opportunity Employer program. Reasonable accommodations will be provided upon notification or request. **Contact information: www.aaa1b.org • 1.800.852.7795**