



**Neighborhood House 674-1131**

**SEPTEMBER**

**2017**

**(Meals are Subject to Change)**



	<b>Mon</b>	<b>Tue</b>	<b>Wed</b>	<b>Thu</b>	<b>Fri</b>	<b>Meal sites</b>
<b>Meal Components</b>  <ul style="list-style-type: none"> <li>• <b>3 oz. serving meat /protein</b></li> <li>• <b>1 1/2 cups vegetable and/or fruit</b></li> <li>• <b>2 servings grain</b></li> <li>• <b>8oz low fat milk</b></li> </ul> <b>Guests/Private Pay \$5.00</b>  <b>Recommended Donation for Home Delivery &amp; Congregate Programs \$3.00</b>					1 Tuna salad Beets Coleslaw Pears Hamburger bun	<b>Tremont</b> <b>925-5929</b>  <b>Hopedale</b> <b>449-6034</b>
	4 Closed in observation of Labor Day (Extra meal sent 9/4)	5 Meatball Marinara Potato Salad 3 Bean Salad Pineapple Bun	6 Biscuit/ Gravy Sausage Tater Tots Banana Applesauce	7 Meatloaf Roasted Potato Green Beans Plum Bread	8 Tuna Salad Lettuce Diced Carrots Black Olives Biscuit	<b>Pekin</b> <b>346-5237</b>  <b>Washington</b> <b>694-6077</b>
	11 Fish Nuggets Sweet Potato Rice Peaches Apple	12 Herbed Chicken Stewed Tomatoes Carrots Navy Beans Bread	13 Scrambled Eggs Tropical Fruit Orange Hominy Raisin Bread	14 Pork Cutlet w/Gravy Peas Corn Peach Bread	15 Turkey and Cheese Broccoli Cauliflower B/B Pickles Bun	<b>Chillicothe</b> <b>274-4209</b>  <b>Princeville</b> <b>385-1916</b>
	18 Country Fried Steak Mashed Potatoes Beets Peas Bread	19 Hot Dog Baked Beans Fruit Cocktail Potato Salad Bun	20 English Muffin Egg Patty w/ chs Tater tots Mandarin Oranges Banana	21 Teriyaki Pulled Pork Peas Wax Beans Rice Bread	22 Spinach Taco Salad Taco Chicken Pinto Beans Diced Carrots Tortilla	<b>Peoria city meal sites</b> <b>(open to public)</b> <b>Call 674-2071</b> <b>St. Sharbel's Hall</b> <b>Sterling Towers</b> <b>Southside Manor</b> <b>Heartland Apt.</b>
	25 BBQ Pork Riblet Corn Pickled Beets Spinach Bun	26 Roasted Turkey Mashed potatoes Stuffing Brussel Sprouts Applesauce	27 Cheese Omelet Breakfast Potato Onions & Peppers Strawberries Raisin Bread	28 Chicken Patty Green Beans Mixed Vegetables Pineapple Bun	29 Ham Salad Tropical Fruit Banana Corn Salad Bun	