# September 2025 Congregate Lunch Menu

| Monday | Tuesday | Wednesday | Thursday | Friday |
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| **1** Closed *Happy LABOR DAY* | **2** Chicken Teriyaki Brown Rice Spinach Apple | **3** Mandarin Chicken Salad What Roll Mandarin Oranges | **4** Chili Con Carne Broccoli Banana | **5** Chef's Salad Turkey, Egg, Tomato, Cheese Wheat Roll Pineapple Tidbits |
| **8** Chicken Marsala Rice Pilaf Brussels Sprouts Pear | **9** Salisbury Steak Mashed Potato Mixed Vegetables Apple | **10** Chicken Fajitas Black Beans Baja Vegetables Banana | **11** Beef Taco Salad Tomatoes, Cheese, Black Beans Pear | **12** Tuna Sandwich Cucumber Salad Orange |
| **15** Meatballs in Marinara Penne Pasta Brussels Sprouts Apple | **16** Sun Dried Tomato Chicken Pasta California Vegetables Banana | **17** Italian Chicken Salad Cheese, Tomatoes, Garbanzo Beans Pear | **18** Pork Chops with Salsa Verde Spanish Rice Mixed Vegetables Orange | **19** Chicken Caesar Salad Wheat Roll Pineapple Tidbits |
| **22** Chicken Stir Fry Steamed Rice Broccoli Apple | **23** Pork Carnitas Black Beans Baja Vegetables Banana | **24** Turkey Sandwich Macaroni Salad Baby Carrots Orange | **25** Swedish Meatballs Mashed Potatoes Peas & Carrots Pear | **26** Egg Salad Sandwich Coleslaw Apple |
| **29** Chicken Parmesan Penne Pasta California Vegetables Banana | **30** Beef Picadillo Spanish Rice Green Peas Orange | Welcome Fall | | |

Milk served at every meal · Indicates sodium above 760mg per meal · Menus may be subject to change

If you have any questions regarding the meal or service, please contact **Sodexo at 951-877-5950**.

If you have any questions for our Registered Dietitian, please contact Vanh Bender at Vanh@healthylivingconsulting.net.

**Materials, products, and services are funded by the California Department of Aging in partnership with Riverside County Office on Aging.**

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| Corona Snr Ctr 951-739-4966 | Good Hope 951-943-9126 | Janet Goeske 951-351-8801 | Lake Elsinore 951-674-2526 |
| Mead Valley 951-210-1587 | Murrieta 951-461-6122 | Norco 951-270-5647 | |

sodexo