

SEPTEMBER 2019 FEAST MEALS

RESERVATIONS: 262-6288 OR FEAST@MONTPELIER-VT.ORG



Feast Together or Feast To Go Tuesdays and Fridays, 12pm-1pm

Seniors 60+: No charge with completed Nutritional Survey. Suggested donation of \$5

Under 60 or FEAST To Go: \$7

All proceeds benefit the FEAST senior meal program, which is subsidized by CVCOA, Older Americans Act funding and MSAC. Actual cost per meal is approximately \$10.00.

*Menus subject to change.
Vegetarian options available on request!*

COFFEE, TEA, MILK AND ICED WATER SERVED AT EVERY MEAL.

Options for vegetarians or those with other dietary restrictions are available.

Tuesday, September 3: Chicken parmesan with whole wheat pasta, tomato sauce, maple glazed rutabaga, garlic bread, and dessert.

Friday, September 6: Chicken in red wine sauce with mushrooms over egg noodles, garden vegetables, fresh fruit salad, and dessert.

Tuesday, September 10: Seared salmon and stone fruit relish, jasmine rice, local, organic vegetables and garden greens, assorted cut fruit.

Friday, September 13: Roast beef au just, Rissolle potatoes, mashed garden squash, local, organic spinach and dessert.

Tuesday, September 17: Chicken enchiladas, rice and beans, local garden corn and vegetables, and dessert.

Friday, September 20: Beef stroganoff over egg noodles, cole slaw, local, organic vegetables, and dessert.

Tuesday, September 24: BBQ pork with baked beans, potato salad, cole slaw, local, organic vegetables, and dessert.

Friday, September 27: Seared chicken breast with basil, tomato and caper relish, polenta, local, organic vegetables and fall greens, and dessert.