

CONWAY CAFE CARRY- OUT MEAL PROGRAM

In response to Covid 19 we are following all state mandates for indoor events and facility sanitizing. Face Masks are required while indoors if you are not fully vaccinated.

The Costick Center CONWAY CAFE CARRY-OUT MEAL PROGRAM continues. Meals must be reserved at least one day in advance by 11 a.m. (ex. If you would like a meal on Monday, September 13 you need to reserve by Friday, September 10 at 11 a.m.) Save a phone call. Order all your meals for several days or the month in advance.

Going forward, all meals must be reserved in advance. This includes when we resume inside service.

Reserve your meal by calling 248-473-1830.

- Meals are available for **pick up only from 12 – 12:15 p.m. in Conway Hall**
- The hot meal is in a sealed tray accompanied by bread, butter, milk, fruit, napkin, salt and pepper handed to you in a carryout bag.
- No exceptions to posted meal.
- Donation age 60+ \$2.75, under 60 \$5.00.

Procedure upon arriving at the Costick Center:


- Enter the Costick Center at door A.
- Swipe i.d. card at registration desk, Proceed to Conway Hall.
- Check off name on registration, sign in for lunch and pick up envelope for donation.
- Place donation envelope in box and pick up lunch.
- The congregate meal is prepared for you to pick-up your meal in a carry out bag. You may eat in Conway Hall or take your meal home.

Nutrition services are funded through Title III, Older Americans Act Funds & distributed through the Area Agency on Aging 1-B and the Office of Aging and Adult Services Agency. Complies with terms and regulations of Title V of Civil Rights Act of 1964 as amended in Section 504 of the Social Rehabilitation Act of 1973. Equal opportunity employee program.

Menu on following page.

CONWAY CAFE CARRY- OUT MEAL PROGRAM

September 2021 Menu

Su	Mon	Tue	Wed	Thu	Fri	Sat
			1 Seasoned Pork Chop, Au gratin Potatoes, Normandy Blend, Orange	2 Seasoned Chicken Breast, Pasta Mari- nara, California Blend Vegetables, Tropical Fruit	3 Broccoli Egg Cheese Bake, Potatoes O'Brien, Spring Green Salad, Baked Apple Crisp	4
	 CENTER CLOSED	7 Polish Stuffed Cabbage, Roasted Potatoes, Honey Glazed Carrots, Apple	8 Hush Puppy White- fish, Brown Rice, Capri Blend Vegetables, Peach	9 Mac & Cheese, Stewed Tomatoes, Normandy Blend Vegetables, Cantaloupe	10 Hungarian Goulash, German Red Cabbage, Garden Salad, Orange	11
12	13 Asian Meat- balls, Lo Mein Noo- dles, Asian Blend Vegetables, Spinach Garden Salad, Orange	14 Beef-Chicken Fried Steak, Gravy & Whipped Pota- toes, Green Beans, Pudding with Fruit	15 Cheesy Chicken Broccoli, Brown Rice, Mixed Vegetables, Peaches	16 Italian Chicken Parmesan, Penne Pasta, Ital- ian Vegetables, Garden Salad, Plum	17 BBQ Pulled Pork, German Potato Salad, Northwestern Vegetables, Honeydew Melon	18
19	20 Chicken Drumstick, Roasted Sweet Potato, French Green beans, Seasonal Fruit	21 White Fish Almondine, Brown & Wild Rice, Carib- bean Blend Vegeta- bles, Broccoli Slaw, Red Grapes	22 Turkey Vegetables Stew, w/Potatoes, Garden Salad, Mixed Berry Cobbler	23 Baked Ham w/Orange Sauce, Scalloped Potato, Asparagus, Pine- apple & Oranges	24 Beef Pepper Steak, Rice Pilaf, Asian Blend Vegetables, Fruit Cup	25
26	27 Polish Kielbasa, Sau- erkraut with Braised Cabbage, Carrots & New Potatoes, Red Grapes	28 Chicken Alfredo Lasagna, Venetian Blend Vegetables, Garden Salad, Pear	29 Beef Stroganoff, Egg Noodles, Scandina- vian Blend Vegetables, Seasonal Fruit	30 BBQ Chicken Breast, Vegetarian Baked Beans, Spinach, Fresh Fruit		

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