FSR—Senior Cafe  
Rochester/Byron  
SEPTEMBER 2023

Meals are subject to change

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td>To reserve a meal, call Family Service Rochester at 507-287-2010</td>
<td></td>
</tr>
<tr>
<td>Make Meal Reservations... By 2pm the day before By 2pm Friday for Monday meal</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

1. **CLOSED!!** NO MEALS LABOR DAY

2. **Monday & Tuesday Rochester—11:30**  
   Wednesday Byron—12:00

3. **Monday & Tuesday Rochester**
   - **Monday, September 6:** City Hall
   - **Tuesday, September 6:** City Hall (larger)
   - **Monday, September 13:** City Hall
   - **Tuesday, September 13:** City Hall (larger)
   - **Monday, September 20:** City Hall
   - **Tuesday, September 20:** City Hall (larger)
   - **Monday, September 27:** City Hall
   - **Tuesday, September 27:** City Hall

4. **September 4:** Closed
   - Chicken Teriyaki /over Rice Pilaf
   - Carrots
   - Fruit Cup
   - Pudding
   - *Diab: Cookie

5. **September 5:**
   - Meat Lasagna
   - Tossed Salad
   - Fresh Orange Wedges
   - Garlic Bread
   - Moon Cake
   - *Diab Banana

6. **September 6:**  
   - Monday & Tuesday Rochester—11:30
   - Wednesday Byron—12:00

7. **September 7:**
   - Meat Loaf
   - Mashed Potatoes/Marg
   - Stewed Tomatoes
   - Fresh Apple

8. **September 8:**
   - Spaghetti w/Meat Sauce
   - Tossed Salad w/Dress
   - Pineapple Rings
   - Garlic Bread
   - Oatmeal Choc Chip Bar
   - *Diab Cookie

9. **September 11:**
   - Spaghetti w/Meat Sauce
   - Tossed Salad w/Dress
   - Pineapple Rings
   - Garlic Bread
   - Oatmeal Choc Chip Bar
   - *Diab Cookie

10. **September 12:**
    - New England Boiled Dinner
    - Seafoam Salad
    - Double Pistachio Cake
    - *Diab Angel Food Cake

11. **September 13:**
    - BYRON SCHEDULE
    - Sept. 6 — City Hall
    - Sept. 13 — City Hall
    - Sept. 20 — City Hall (larger)
    - Sept. 27 — City Hall

12. **September 14:**
    - Wednesday Byron—12:00

13. **September 15:**
    - Meat Loaf
    - Mashed Potatoes/Marg
    - Stewed Tomatoes
    - Fresh Apple

14. **September 16:**
    - Spaghetti w/Meat Sauce
    - Tossed Salad w/Dress
    - Pineapple Rings
    - Garlic Bread
    - Oatmeal Choc Chip Bar
    - *Diab Cookie

15. **September 17:**
    - New England Boiled Dinner
    - Seafoam Salad
    - Double Pistachio Cake
    - *Diab Angel Food Cake

16. **September 18:**
    - Monday & Tuesday Rochester—11:30
    - Wednesday Byron—12:00

17. **September 19:**
    - Hamburger on Bun
    - Pickle/Onion/Tomato
    - Ketchup and Mustard
    - Roadside Potatoes
    - Baked Beans w/Apples
    - Fresh Apple

18. **September 20:**
    - BBQ Pork Loin
    - Baked Potato/Sr Cream
    - Broccoli
    - Yogurt Fruit Cup

19. **September 21:**
    - Hot Turkey over Bread w/Gravy
    - Mashed Potatoes
    - Buttered Beets
    - Pumpkin Bar
    - *Diab Fruit Cup

20. **September 22:**
    - To reserve a meal, call Family Service Rochester at 507-287-2010
    - Meal Reservations... By 2pm the day before By 2pm Friday for Monday meal

21. **September 23:**
    - Meat Loaf
    - Mashed Potatoes/Marg
    - Stewed Tomatoes
    - Fresh Apple

22. **September 24:**
    - Spaghetti w/Meat Sauce
    - Tossed Salad w/Dress
    - Pineapple Rings
    - Garlic Bread
    - Oatmeal Choc Chip Bar
    - *Diab Cookie

23. **September 25:**
    - New England Boiled Dinner
    - Seafoam Salad
    - Double Pistachio Cake
    - *Diab Angel Food Cake

24. **September 26:**
    - **BINGO**
    - **BINGO**
    - **BINGO**

25. **September 27:**
    - Swiss Steak w/Gravy
    - Mashed Potatoes/Gravy
    - Corn w/Pimento
    - Pineapple/Pear/Peach Cup

26. **September 28:**
    - White Chicken Chili w/Cheese/Crackers
    - Fresh Carrot/Celery Stix
    - Peaches
    - Walnut Dream Bar

27. **September 29:**
    - Baked Ham
    - ALT: Chicken Breast
    - Baked Sweet Potato
    - Green Bean Casserole
    - Lemon Chiffon Pie
    - *Diab French Apple Pie

Alternate on Menu = Diner’s Choice

Supplier Inventory and Supply Chain difficulties continue to make a few changes to our menu likely.