

SEPTEMBER
2026
Menu



CAP AGENCY
CONGREGATE DINING and
HOME DELIVERED MEALS
A SENIOR SERVICE OF
SCOTT-CARVER-DAKOTA
CAP AGENCY, INC.



FOR YOUR
DINING
PLEASURE

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
MEALS HAVE BEEN ORDERED FOR THIS WEEK WITH THE LAST WEEK OF AUGUST!!!	Lemon Pepper Tilapia Brown Rice Florentine Roasted Root Vegetables Pineapple Tidbits Cheesecake Cup Tartar Sauce Alternate: Lemon Pepper Chicken	Bratwurst Sauerkraut Hot Dog Bun Baked Beans Tropical Fruit Lemon Bar Ketchup/Mustard Alternate: Beef Hot Dog	Sweet Corn Chicken Pasta Salad Cilantro Lime Slaw Fresh Cut Fruit Carnival Cookie	Cheese Omelet Cheesy Potatoes English Muffin Hot Sliced Apples Butter/Jelly
7	8	9	10	11
SITE CLOSED: Meal delivered on 9/4 Chicken Carnitas Cilantro Lime Rice Fajita Blend Vegetables Mexican Corn Flour Tortillas Churros Taco Sauce	Baked Pollock Lemon Dill Sauce Roasted Potatoes Creamy Spinach Wheat Bread/Butter Fruit Cocktail Alternate: Baked Chicken Breast	Sloppy Joes Hamburger Bun Au Gratin Potatoes Pineapple Tidbits Blondie Bar	Italian Pasta Salad with Ham and Vegetables Cucumber Ranch Salad Fresh Cut Fruit Fudge Round Cookie Alternate: Italian Pasta Salad with Turkey	Meatloaf with Glaze Mashed Potatoes With Brown Gravy Peas Dinner Roll/Butter Lemon Bar
14	15	16	17	18
Breaded Chicken with Strawberry Balsamic Glaze Orzo Pilaf Capri Blend Vegetables Tropical Fruit	Seafood Alfredo Broccoli Mandarin Oranges Breadstick/Butter Blondie Bar Alternate: Chicken Alfredo	Pulled Pork Sandwich With Bun Potato Wedges Coleslaw Apple Crisp Ketchup & BBQ Packet Alternate: Pulled Chicken	Southwest Chicken Lettuce Salad Fajita Chicken & Corn Grape Tomatoes Shredded Cheddar Tortilla Chips Fresh Cut Fruit Sugar Cookie Salsa Ranch Dressing	Chicken Fried Brown Rice Asian Green Beans Vegetable Egg Roll Banana Soy Sauce Packet
21	22	23	24	25
Philly Cheesesteak Casserole Mixed Vegetables Breadstick/Butter Strawberry Applesauce Key Lime Pudding Cup	Crab Stuffed Pollock Orzo Florentine Steamed Carrots Diced Peaches Tartar Sauce Alternate: Chicken Kiev	Cheeseburger With Swiss Cheese Hamburger Bun Tater Tots Mixed Vegetables Banana Ketchup & Mustard	Turkey Cranberry Salad Croissant Butternut Squash Salad Fresh Cut Fruit Chocolate Chip Cookie	Pork Loin with Dijon Cream Sauce Mashed Potatoes Green Peas Dinner Roll/Butter Jello Fluff Alternate: Turkey Roast
28	29	30	10/1	10/2
Coconut Lime Chicken Basmati Rice Cooked Carrots Diced Pears Brownie	Glazed Ham Scalloped Potatoes Peas Wheat Bread/Butter Pineapple Tidbits Alternate: Turkey Roast	Roast Beef Mashed Potatoes with Brown Gravy Green Beans Dinner Roll/Butter White Cake with Chocolate Frosting	Chef Salad with Lettuce, Ham & Turkey Chopped Egg Tomato & Cucumber Shredded Cheddar Breadstick/Butter Fresh Fruit Sugar Cookie Ranch Dressing Alternate: Chef Salad with Turkey	Popcorn Chicken Mashed Potatoes With Poultry Gravy Corn White Bread/Butter

Meal Reservations must be made one week in advance. Please cancel meals with your site coordinator ASAP.
Meals include 1% milk and butter when bread is served. Please inquire with program staff regarding special diets. We use fresh, light or juice packed fruits; vegetables are served without salt. Questions regarding meals or options can be directed to the site coordinator in your community at the numbers listed below, Monday through Friday mornings. Thank you for dining with CAP Agency Senior Nutrition!

SENIOR NUTRITION SITES					
SCOTT COUNTY		CARVER COUNTY		DAKOTA COUNTY	
Belle Plaine	952-873-6311	Chaska/Carver/Victoria	952-297-0154	Apple Valley	612-669-2910
Jordan	952-492-2208	Chanhassen	952-442-5478	Eagan	952-402-9855
New Prague	952-492-2208	Waconia/NYA/Cologne	952-442-5478	Farmington	612-940-9590
Prior Lake	612-669-2911			Inver Grove Heights	612-987-9321
Shakopee	952-402-9814			Lakeville	612-669-2913
				Mendota Heights	612-987-9321
				Rosemount	612-669-2910

CAP Agency Senior Nutrition is funded through the Federal Older Americans Act by a contract with MAAA-Metropolitan Area Agency on Aging, state appropriations, CAP Agency and participant contributions. Your comments are welcome. Program staff can be reached at 952-402-9855.