

September 2018



Woodland Heights

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26	27	28	29	30	31	Sep Cucumber Corn Salad Lemon Grilled Chicken Sweet Corned Beef Or Herb Roasted Red Potatoes			
						Grilled Asparagus Baked Roll Banana Cream Pudding			
Coleslaw Marinated Pork Roast Roast Beef au Jus Or Roasted Yams Mixed Vegetables Baked Roll Pecan Pie	Steak/Gravy	Green Salad Chicken/Pineapple Mango Salsa Kielbasa/Peppers Or Rice Pilaf Corn O'Brien Baked Roll Apple Cobbler	Hawaiian Fruit Salad Pan Seared Cod Glazed Baked Ham Or Roasted Red Potatoes Lemon Pepper Green Beans Baked Roll Key Lime Pie	Broccoli Raisin Salad Beef Patty w/Crimini Mushrooms Lemon Oregano Turkey or Boiled Potatoes Beets Baked Roll Chocolate Lush	Ambrosia Dressed Up Chicken Baked Dijon Salmon Or Seasoned Rice Capri Blend Baked Roll Pineapple Upside Down Cake	Marinated Pepper Salad Kalua Roast Pork Teriyaki Kabobs Or Aloha Sweet Potatoe Honey Glazed Carrots Baked Roll Layered Fruit Square			
Sour Cream Carrot Salad Bacon Meatloaf Butter Crumb Chicken or O'Brien Potatoes Spinach Polonaise Baked Roll Lemon Meringue Pie	Pineapple Cucumber Salad Bourbon Chicken Seasoned Parmesan Haddock Or Seasoned Mushroom Rice California Normandy Blend Baked Roll Homemade Cherry Cobbler	Classic Waldorf Salad Crispy Pork Chops Slow Roasted Turkey Breast Or Baked Yams Stewed Tomatoes Baked Roll Rainbow Cake	Carrot Celery Cucumber Salad Hamburger Steak/Onions Baked Ham/Peach Sauce Or Baked Potato Mixed Vegetables Baked Roll Pineapple Cream Pie	Green Salad Grilled Chicken Garlic-Herb Pork Roast Or Cheesy Potato Rounds Caribbean Blend Baked Roll Blueberry Cream Angel Dessert	Juicy Fruit Salad Tilapia/Savory Herb Butter Pepper Smothered Steak or Garlic Mashed Potatoes Green Beans Baked Roll Lemon Cream Cake	Jello Salad Beef Tips Au Jus Marinated Turkey or Best Noodles Fresh Cooked Zucchini Baked Roll Cinnamon Coffee Cake			
Caesar Spinach Salad Honey Glazed Ham Grilled Tri Tip or Fresh Cooked Yams Seasoned Cabbage Baked Roll Apple Pie Ala Mode	Feta Garbanzo Bean Salad Oven Fried Chicken Grilled Marinated Shrimp Or Lemon Rice Garlic Spinach Fresh Biscuits Oreo Cheesecake	Summer Sun Salad Baked Meatballs/Gravy Turkey Cutlet/Tarragon Sauce Or Fresh Mashed Potatoes/Gravy Seasoned Cauliflower Baked Roll Chocolate Marshmallow Cake	Zesty Cucumber Salad Roasted Rosemary Pork Roasted Rack of Lamb Or Savory Rice Sweet Sour Beets Baked Roll Mixed Berry Crisp	Orange Grapefruit Salad Salisbury Steak/Gravy Grilled Chicken/Cucumber Melon Sauce Or Red Potatoes Roasted Carrots Baked Roll Southern Style Bread Pudding	Green Salad Grilled Sole Fillet Baby Back Pork Ribs Or Brown Rice Sweet Slaw Baked Roll Frozen Caramel Square	Pickle Relish Plate Turkey Breast/Lemon Thyme Sauce Cuban Marinated Steak Or Cornbread Dressing Cream Peas Baked Roll Apple Cake Kuchen			
Five Fruit Salad Pot Roast of Beef Lemon Pepper Salmon Or Red Skin Mash Oven Roasted Broccoli Baked Roll Fresh Coconut Cream Pie	Mixed Vegetable Salad BBQ Chicken Leg Veal Piccata/Wine Sauce Or Beans, Corn and Rice Green Beans/Bacon Fresh Biscuits Peach Crisp	Green Salad Sweet Pear Pork Chop Beef Tips Or Smashed Sweet Potatoes Spinach with Almonds Baked Roll Banana Sheet Cake	Caesar Salad Petite Sirloin/Peppercorn Turkey Cutlets/Pan Gravy Or Baked Potato Mixed Vegetables Baked Roll Marble Cake	Vegetable Medley Salad Melt In Your Mouth Chicken Pork/Apricot Glaze Or Cream and Cheese Potatoes Corn on the Cob Baked Roll Blueberry-Lemon Parfait	Sunny Fruit Salad Tropical Tilapia Ham/Pineapple Sauce or Delicious Rice Chef's Steamed Vegetable Baked Roll Citrus Cake	Avocado Salad Brown Sugar Meatloaf Turkey Cutlet/Cheese Sauce Or Mashed Potato Casserole Green Beans Baked Roll Cherry Crisp			

30	Oct 1	2	3	4	5	6
Greek Salad						
Sour Cream Chicken						
Prime Rib						
Roast/Horseradish						
or						
M'Potatoes/Chix						
Gravy						
Corn						
Baked Roll						
Strawberry Pie						