

September 2019

The Meadows of St. George



26	27	28	29	30	31	Sep 1
					Salad Bar Ham Steaks <i>or</i> Orange Teriyaki Beef Baked Sweet Potato Chef's Steamed Vegetable Baked Roll Fresh Blueberry Pie	
2	3	4	5	6	7	8
Salad Bar Chicken Cordon Bleu Open Face <i>or</i> Caribbean Shrimp Red Potatoes Capri Blend Baked Roll Banana Sheet Cake	Salad Bar Seasoned Meatballs/Gravy <i>or</i> Country Fried Steak/Gravy Penne Pasta Seasoned Cauliflower Baked Roll Cream Puffs	Salad Bar Roast Pork/Ginger Glaze <i>or</i> Breaded Catfish Roasted Potato Medley Sauteed Yellow Squash Baked Roll Fruit Crisp	Salad Bar Salisbury Steak/Gravy <i>or</i> Avocado Chicken with Mushroom Sauce Ranch Mashed Potatoes Mixed Vegetables Baked Roll Bread Pudding/Vanilla Sauce	Salad Bar Cod Fillet <i>or</i> Beef Stuffed Cabbage Parsley Rice Steamed Broccoli Baked Roll Frozen Sherbet Dessert	Salad Bar Texas BBQ Steak <i>or</i> Turkey Meatloaf Homemade Stuffing Roasted Brussels Sprouts Baked Roll Mandarin Orange Cake	Salad Bar Beef Pot Roast <i>or</i> Grilled Salmon Herb Mashed Potatoes Roasted Carrots Baked Roll Lemon Meringue Pie
9	10	11	12	13	14	15
Salad Bar Southern Fried Chicken <i>or</i> Veal Scallopini/Lemon Sauce Oven Rice Garlic Green Beans Baked Roll Boston Cream Pie	Salad Bar Pork Chop Dijon <i>or</i> Beef Cube Steaks Fresh Mashed Potatoes/Gravy Harvard Beets Baked Roll Pineapple Upside Down Cake	Salad Bar Salisbury Steak/Gravy <i>or</i> Turkey Roast/Zesty Rub Baked Potato Peas/Mushrooms Marble Cake	Salad Bar Baked Chicken with Garlic and Herbs <i>or</i> BBQ Pork Ribs Baked Beans Mixed Vegetables <i>or</i> Corn on the Cob Baked Roll Cheesecake	Salad Bar Sour Cream Crusted Tilapia <i>or</i> Baked Ham/Mango Salsa Rice Pasta Pilaf Chef's Steamed Vegetable Baked Roll Lemonade Cake	Salad Bar Pineapple Meatloaf <i>or</i> Lemon Herb Turkey Roast with Gravy Fresh Cooked Yams California Normandy Blend Baked Roll Cherry Hand Pie	Salad Bar Hawaiian Chicken <i>or</i> Zesty Beef Roast Aloha Sweet Potatoes Green Beans Baked Roll Cheesecake/Fruit Topping
16	17	18	19	20	21	22
Salad Bar Orange Herb Pork Roast <i>or</i> Classic Spaghetti Meat Sauce Home Fried Potatoes Baby Carrots Garlic Bread Fudge Cake	Salad Bar Beef Tips Au Jus <i>or</i> Garlic Chicken Fried Rice Best Noodles Peas Baked Roll Homemade Cherry Pie	Salad Bar Turkey Roast/Stuffing <i>or</i> Smothered Pork Chop Fresh Mashed Potatoes/Gravy Baked Seasoned Squash Baked Roll Berry Cobbler	Salad Bar Classic Baked Ham <i>or</i> Balsamic BBQ Chicken Cheesy Scalloped Potatoes Chef's Steamed Vegetable Baked Roll Fresh Blueberry Pie	Salad Bar BBQ Glazed Meatballs <i>or</i> Lemon Baked Cod Seasoned Rice Country Trio Medley Baked Roll White Almond Cake	Salad Bar Corned Beef and Cabbage <i>or</i> Chicken Parmesan Steamed Red Potatoes Capri Blend Baked Roll Banana Cream Pudding	Salad Bar Orange Apricot Glazed Pork <i>or</i> Swiss Steak/Tomatoes Hawaiian Style Rice Sesame Green Beans Baked Roll Fresh Apple Pie
23	24	25	26	27	28	29
Salad Bar Country Fried Steak/Gravy <i>or</i> Honey Glazed Roasted Turkey Fresh Mashed Potatoes Corn Chocolate Sour Cream Cake	Salad Bar Baked Drumsticks <i>or</i> Grilled Polish Sausage Boiled Red Potatoes Oven Roasted Cauliflower Baked Roll Fruit Crisp	Salad Bar Baked Ham/Mustard Sauce <i>or</i> Classic Lasagna Aloha Sweet Potatoes Fresh Asparagus Garlic Bread Peach Angel Food Cake	Salad Bar Steak Picante <i>or</i> Breaded Cod Baked Potato Peas and Onions Baked Roll Cherry Parfait	Salad Bar Baked Dijon Salmon <i>or</i> Pork Chow Mein White and Wild Rice Pilaf Chef's Steamed Vegetable Baked Roll Yellow Cake with Fruit Topping	Salad Bar Tangy Country-Style Ribs <i>or</i> Braised Beef Favorite Baked Beans Fresh Cooked Carrots Baked Roll Rootbeer Float Cake	Wedge Salad Balsamic Tomato Glazed Meatloaf <i>or</i> Almond Crusted Chicken Herb Roasted Red Potatoes California Normandy Blend Baked Roll Lemon Cake

30	Oct 1	2	3	4	5	6
Salad Bar						
Hawaiian Chicken						
<i>or</i>						
Seasoned Baked Cod						
Lemon Rice						
Steamed Sugar Snap						
Peas						
Baked Roll						
Apple Crisp						