





September

• MENU •

*Menu is Subject to Change

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Breakfast: Continental Lunch: Beef Stroganoff over Egg Noodles, Harvard Beets Dinner: Tuna Salad Sandwich, Multi-grain Chips, Fresh Fruit	2 Breakfast: Egg Bake, Cinnamon Roll, Fruit Lunch: Butterfly Shrimp, Baked Potato with Sour Cream, Vegetable Blend Dinner: Hotdog on a Bun, Macaroni Salad, Watermelon	3 Breakfast: Continental Lunch: Cornflake Chicken, Mashed Potatoes & Gravy, Sauteed Spinach Dinner: Beef Fajitas, Corn Salad, Pineapple
4 Breakfast: Continental Lunch: Ham, Cheesy Potatoes, Steamed Broccoli Dinner: Turkey & Swiss Croissant, Chips, Fruit	5 Breakfast: Continental Lunch:  Beef Brisket, Onion Rings, Baked Beans, Coleslaw, Pickle Dinner: Chicken Tenders, French Fries, Carrot Sticks	6 Breakfast: Continental Lunch: Turkey, Mashed Potatoes and Gravy, Glazed Carrots Dinner: Beef Goulash, Corn, Breadstick	7 Breakfast: Eggs to Order, Bacon, Toast Lunch: Country Fried Steak, Mashed Potatoes & Gravy, Green Beans Dinner: Traditional Chicken Salad, Grapes, Dinner Roll	8 Breakfast: Continental Lunch: Chicken Chow Mein, Rice, Egg Roll Dinner: Sloppy Joes, Chips, Watermelon 	9 Breakfast: Blueberry Pancakes, Sausage Links Lunch: Fish and Chips with Tartar Sauce, Vegetable Blend Dinner: Chicken Pot Pie, Side Salad	10 Breakfast: Continental Lunch: Honey Mustard Chicken, Roasted Potatoes, Asparagus Dinner: Ham and Potato Casserole, Dinner Roll, Mixed Vegetables
11 Breakfast: Continental Lunch: Pot Roast, Mashed Potatoes, Gravy, Carrots Dinner: Sesame Ginger Chicken Salad, Mandarin Oranges, Breadstick	12 Breakfast: Continental Lunch: Baked Chicken, Roasted Potatoes, Green Beans Dinner: Pepperoni Pizza, 3 Bean Salad, Fruit	13 Breakfast: Continental Lunch: Spaghetti with Meat Sauce, Creamed Spinach, Garlic Bread Dinner: Tuna Melt, Ruffle Potato Chips, Olives	14 Breakfast: Eggs to Order, Bacon, Toast Lunch: Honey Chicken Over Rice, Steamed Broccoli, Egg Roll Dinner: Ham, Baked Potato, Broccoli with Cheese Sauce	15 Breakfast: Continental Lunch: Beef Tips in Gravy over Mashed Potatoes, Buttered Corn Dinner: Grilled Chicken Caesar Salad, Dinner Roll, Fresh Fruit	16 Breakfast: Denver Omelette Hashbrown Triangle Lunch: Shrimp Scampi over Pasta, California Vegetables Dinner: Chicken Kiev, Wild Rice Blend, Mixed Vegetables	17 Breakfast: Continental Lunch: Meatloaf, Scalloped Potatoes, Carrots Dinner: Sausage & Cheese Quiche, Muffin, Fresh Fruit
18 Breakfast: Continental Lunch: Pork Chops in Mushroom Gravy, Mashed Potatoes, Veggie Blend Supper: Butterfly Shrimp, Macaroni & Cheese, Peas	19 Breakfast: Continental Lunch: Marinated Beef with Sweet Peppers & Onions, Garden Rice Pilaf Supper: Chicken & Apple Walnut Salad on Field Greens, Flat Bread	20 Breakfast: Continental Lunch: Chicken Parmesan over Pasta, Cauliflower, Garlic Toast Supper: BLT Sandwich, Potato Chips, Fresh Fruit	21 Breakfast: Eggs to Order, Bacon, Toast Lunch: Chicken a la King, Biscuits, Cinnamon Pears Supper: Ham Salad Sandwich, BBQ Chips, Fresh Fruit	22 Breakfast: Continental Lunch:  Supper: Cheeseburger, French Fries, Pickle	23 Breakfast: Waffles, Fresh Berries, Sausage Links Lunch: Baked Cod, Twice Baked Potato, Corn Supper: Chicken Stuffing Casserole, Side Salad, Dinner Roll	24 Breakfast: Continental Lunch: Beef Broccoli Stir Fry, Rice, Egg Roll Supper: Tuna Noodle Casserole, Cornbread, Fresh Fruit
25 Breakfast: Continental Lunch: Honey Glazed Ham, Sweet Potatoes, Mixed Veg Supper: Turkey Sandwich, Potato Salad, Fresh Fruit	26 Breakfast: Continental Lunch: Sausage Lasagna, Zucchini, Breadstick Supper: Philly Cheesesteak Sandwich, French Fries, Fresh Fruit	27 Breakfast: Continental Lunch: BBQ Chicken, Macaroni & Cheese, Steamed Broccoli Supper: Tator Tot Hotdish, Dinner Roll, Fresh Fruit	28 Breakfast: Eggs to Order, Bacon, Toast Lunch: Meatloaf, Mashed Potatoes, Corn on the Cob Supper: Egg Salad Sandwich, Multi-Grain Chips, Fresh Fruit	29 Breakfast: Continental Lunch: Keilbasa Sausage, Diced Potatoes, Green Bean Casserole Supper: Million Dollar Spaghetti Casserole, Garlic Toast, Caesar Side Salad	30 Breakfast: Egg Bake, Sticky Bun, Fresh Fruit Lunch: Maple Glazed Salmon, Baked Potato, Asparagus Supper: Roast Beef & Swiss Sandwich, Potato Chips, Fresh Fruit	