

# September 18th through September 24th 2023



## Monday, September 18th

### Breakfast

Oatmeal, Cold Cereal, Scrambled Eggs, Crispy Bacon, Home Fries, Fruit Cup, Choice of Eggs, Assorted Juices, Coffee, Hot Tea, 2% Milk

### Lunch

Cream of Potato Soup

Bacon Cheeseburger, Chuckwagon Blend Vegetables, Baked Beans, Pickle Spear

### Alternate

Grilled Hot Dog, Chuckwagon Blend Vegetables, Baked Beans, Pickle Spear

### Dessert

Watermelon

### Dinner

Maple Balsamic Grilled Chicken, Sweet Country Cornbread, Roasted Carrots

### Alternate

BBQ Smoked Pork Sandwich, Sweet Country Cornbread, Homemade Coleslaw

### Dessert

Ice Cream/Assorted/S.F. Desserts

## Tuesday, September 19th

### Breakfast

Cream of Wheat, Cold Cereal, Scrambled Eggs, Sausage Patty, Assort. Donuts, Yogurt Cup, Choice of Eggs, Assorted Juices, Coffee, Hot Tea, and 2% Milk

### Lunch

Chicken Noodle Soup

Rancher's Chicken, Parslied Rice, Buttered Peas

### Alternate

Beef Diane Parslied Rice, Buttered Peas

### Dessert

Cherry Cobbler w/Whipped Cream / S.F. Pie

### Dinner

Baked Tilapia w/Lemon Butter, Baked Potato w/Sour Cream, Sautéed Spinach & Onions

### Alternate

Italian Sausage Sandwich, Onion Rings w/Drizzled Ranch, Tomato Cucumber Salad

### Dessert

Ice Cream/Assorted/S.F. Desserts

## Wednesday, September 20th

### Breakfast

Oatmeal, Cold Cereal, Scrambled Eggs, Turkey Canadian Bacon, French Toast w/ Syrup, Banana, Choice of Eggs, Assorted Juices, Coffee, Hot Tea, and 2% Milk

### Lunch

Cream of Carrot Soup

Herbed Baked Pork Chop, Baked Sweet Potato, Sautéed Green Beans

### Alternate

California Chicken, Baked Sweet Potato, Sautéed Green Beans

### Dessert

Assorted Desserts / S.F. Assorted Desserts

### Dinner

Shrimp Alfredo, Buttered Fettucine Noodles, Italian Blend Vegetables

### Alternate

Cottage Cheese & Fresh Fruit, Buttered Dinner Roll, Feta Cucumber Salad

### Dessert

Ice Cream/Assorted/S.F. Desserts

## Thursday, September 21st

### Breakfast

Cream of Wheat, Cold Cereal, Scrambled Eggs, Crispy Bacon, Belgian Waffles w/ Syrup, Apple Slices, Choice of Eggs, Assorted Juices, Coffee, Hot Tea, and 2% Milk

### Lunch

Parmesan Tomato Soup

Stuffed Shells w/Meatballs, Garlic Bread, Italian Blend Vegetables

### Alternate

Turkey & Swiss Hoagie, Country Potato Salad, Homemade Coleslaw, Pickle Spear

### Dessert

Chocolate Cake w/Frosting / S.F. Cake

### Dinner

Fish and Old Bay Chips w/Tartar Sauce & Lemon, Roasted Corn Salad

### Alternate

Grilled Ham & Cheddar, Old Bay Fries, Roasted Corn Salad, Pickle Spear

### Dessert

Ice Cream/Assorted/S.F. Desserts

## Friday, September 22nd

### Breakfast

Oatmeal, Cold Cereal, Scrambled Eggs, Sausage Links, Buttered Biscuits, Orange Wedges, Choice of Eggs, Assorted Juices, Coffee, Hot Tea, and 2% Milk

### Lunch

Garden Vegetable Soup

Quiche Lorraine, Herbed Dinner Roll, Roasted Brussel Sprouts

### Alternate

Coconut Encrusted Tilapia, Herbed Dinner Roll, Roasted Brussel Sprouts

### Dessert

Jell-O Cup / S.F. Jell-O Cup

### Dinner

Salisbury Steak, Mashed Potatoes, Seasoned Peas & Carrots

### Alternate

Lemon Pepper Broiled Chicken, Mashed Potatoes, Seasoned Peas & Carrots

Ice Cream/Assorted/S.F. Desserts

## Saturday, September 23rd

### Breakfast

Cream of Wheat, Cold Cereal, Cheese Omelets, Scrapple, Assorted Muffins, Banana, Choice of Eggs, Assorted Juices, Coffee, Hot Tea, and 2% Milk

### Lunch

Shrimp & Crab Bisque Soup

Teriyaki Glazed Salmon, Garlic Herb Brown Rice, Vegetable of the Day

### Alternate

Tomato Basil Pesto Grilled Cheese, Seasoned French Fries, Homemade Coleslaw

### Dessert

Strawberry Cream Pie / S.F. Pie

### Dinner

Smoked Beef Brisket, Cheddar Baked Potato, Roasted Broccoli

### Alternate

Honey Soy Baked Chicken Thigh, Cheddar Baked Potato, Roasted Broccoli

### Dessert

Ice Cream/Assorted/S.F. Desserts

## Sunday, September 24th

### Breakfast

Oatmeal, Cold Cereal, Scrambled Eggs, Turkey Sausage, Pancakes w/ Syrup, Orange Wedges, Choice of Eggs, Assorted Juices, Coffee, Hot Tea, and 2% Milk

### Lunch

Beef Vegetable Rice Soup

Chicken Piccata, Buttered Noodles, Roasted Green Beans

### Alternate

Swedish Meatballs, Buttered Noodles, Roasted Green Beans

### Dessert

Vanilla Pudding / S.F. Vanilla Pudding

### Dinner

Open Faced Turkey Sandwich, Country Cornbread, Seasoned Cauliflower

### Alternate

Beef Chop Cheese Sandwich, Onion Rings, Salad Du Jour, Pickle Spear

### Dessert

Ice Cream/Assorted/S.F. Desserts