

September 2022 Menu Selections



				THURSDAY, September 1	FRIDAY, September 2	SATURDAY, September 3
					BREAKFAST	BREAKFAST
				Cold Cereal Oatmeal/ Cr. of Wheat Eggs Cooked to Order Bacon/ Sausage Belgian Waffles Choice of Toast Fresh Fruit Salad/ Prunes Juice/Milk/Coffee/Tea Butter/Syrup/Jelly/Jam	Cold Cereal Oatmeal/ Cr. of Wheat Eggs Cooked to Order Bacon/ Sausage Buttermilk Pancakes Choice of Toast Fresh Fruit Salad/ Prunes Juice/Milk/Coffee/Tea Butter/Syrup/Jelly/Jam	Cold Cereal Oatmeal/ Cr. of Wheat Eggs Cooked to Order Bacon/ Sausage French Toast Choice of Toast Fresh Fruit Salad/ Prunes Juice/Milk/Coffee/Tea Butter/Syrup/Jelly/Jam
				LUNCH	LUNCH	LUNCH
				Potato Leek Tempura Shrimp Over Asian Greens w/ Wontons and Sesame Ginger Dressing OR Italian Submarine Sandwich w/ Macaroni Salad & Pickles Banana Parfait	Beef Barley Chicken Tenders w/ Honey Mustard/ French Fries & Pickles OR Lobster Tarragon Salad Over Garden Greens with Your Choice of Dressing Pound Cake a la Mode	Hearty Vegetable Fish Filet Sandwich w/ Tartar Sauce/ Corn Niblets & Coleslaw OR Homemade Egg Salad Platter Crackers on the Side Lemon Torte Cake
				DINNER	DINNER	DINNER
				Minestrone Apple Sauce Pork Florentine OR Linguini w/ Red Clam Sauce <i>Side Dishes:</i> Candied Yams Corn Niblets Green Beans Fresh Watermelon	Carrot Dill Tartar Sauce Turkey Mreatloaf w/ Gravy OR Breaded Sea Scallops <i>Side Dishes:</i> Yukon Gold Mash Potatoes Peppers and Onions Sauteed Zucchini Ice Cream Sandwich	Turkey and Orzo Garden Salad Yankee Pot Roast OR Lasagna Rollettes <i>Side Dishes:</i> Au Gratin Potatoes Garden Peas Glazed Carrots Snickerdoodles

September 2022 Menu Selections



SUNDAY, September 4	MONDAY, September 5	TUESDAY, September 6	WEDNESDAY, September 7	THURSDAY, September 8	FRIDAY, September 9	SATURDAY, September 10
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
Cold Cereal Oatmeal/ Cr. of Wheat Eggs Cooked to Order Bacon/ Sausage Belgian Waffles Choice of Toast Fresh Fruit Salad/ Prunes	Cold Cereal Oatmeal/ Cr. of Wheat Eggs Cooked to Order Bacon/ Sausage Buttermilk Pancakes Choice of Toast Fresh Fruit Salad/ Prunes	Cold Cereal Oatmeal/ Cr. of Wheat Eggs Cooked to Order Bacon/ Sausage French Toast Choice of Toast Fresh Fruit Salad/ Prunes	Cold Cereal Oatmeal/ Cr. of Wheat Eggs Cooked to Order Bacon/ Sausage Breakfast Sandwich Choice of Toast Fresh Fruit Salad/ Prunes	Cold Cereal Oatmeal/ Cr. of Wheat Eggs Cooked to Order Bacon/ Sausage Belgian Waffles Choice of Toast Fresh Fruit Salad/ Prunes	Cold Cereal Oatmeal/ Cr. of Wheat Eggs Cooked to Order Bacon/ Sausage Buttermilk Pancakes Choice of Toast Fresh Fruit Salad/ Prunes	Cold Cereal Oatmeal/ Cr. of Wheat Eggs Cooked to Order Bacon/ Sausage French Toast Choice of Toast Fresh Fruit Salad/ Prunes
Juice/Milk/Coffee/Tea Butter/Syrup/Jelly/Jam	Juice/Milk/Coffee/Tea Butter/Syrup/Jelly/Jam	Juice/Milk/Coffee/Tea Butter/Syrup/Jelly/Jam	Juice/Milk/Coffee/Tea Butter/Syrup/Jelly/Jam	Juice/Milk/Coffee/Tea Butter/Syrup/Jelly/Jam	Juice/Milk/Coffee/Tea Butter/Syrup/Jelly/Jam	Juice/Milk/Coffee/Tea Butter/Syrup/Jelly/Jam
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
Split Pea	Turkey Noodle	New England Chowder	Hearty Potato	Pasta Fagioli	Potato Leek	Chicken Noodle
Grilled Chicken Panini w/ Sundried Tomato Orzo Salad and Pickles	Ham & Cheese Biscuit Melt with Sweet Potato Fries and Coleslaw	Stuffed Baked Potato with Bacon & Cheddar Cheese Tossed Salad On the Side	Cheese Raviolis w/ Marinara Sauce/ Parmesan Cheese & Garlic Bread	Riblet on Soft Roll with Onion Rings and Coleslaw	Macaroni & Cheese with Glazed Carrots and Steamed Peas	Crispy Chicken Ranch Sandwich w/ Carrot, Raisin Salad and Pickles
OR	OR	OR	OR	OR	OR	OR
Caesar Salad w/ Shrimp Homemade Croutons & Parmesan Cheese Cannolis	Pesto Vegetable Wrap with Potato Chips/ Coleslaw & Pickles Sugar Free Fruited Jello	Balsamic Chicken Salad w/ Fresh Strawberries/ Basil & Toasted Almonds Red Velvet Cake	Turkey Club Sandwich w/ Homemade Celery, Apple Salad and Pickles Macadamia Nut Cookies	Taco Salad w/ Ground Beef, Salsa/ Sour Cream and Guacomole Fruit of the Forest Pie	B.L.T. Sandwich with Three Bean Salad & Potato Chips Cranberry Orange Cookies	Smoked Salmon w/ Hardboiled Egg/ Capers & Sliced Red Onions Ice Cream Cone
DINNER	DINNER	DINNER	DINNER	DINNER	DINNER	DINNER
White Bean & Spinach Tartar Sauce	Mushroom Barley Garlic Bread	Chicken Broth and Noodles Cornbread	Beef Vegetable Tartar Sauce	Chicken and Rice Garden Salad	Turkey and Orzo Apple Sauce	Minestrone Fresh Fruit Salad
Sole Almondine OR Liver and Onions <i>Side Dishes:</i> Scalloped Potatoes Garden Vegetables Honey Wheat Dinner Roll	Pasta a la Bolognese OR Broiled Haddock <i>Side Dishes:</i> Au Gratin Potatoes Sauteed Zucchini Tartar Sauce	BBQ Pork Ribs OR Ditalini, Peas and Ham <i>Side Dishes:</i> Candied Yams Green Beans Coleslaw	Meatloaf and Gravy OR Filet of Tilapia <i>Side Dishes:</i> Mashed Potatoes Glazed Carrots Corn Niblets	Chicken Teriyaki OR Cheese Pizza <i>Side Dishes:</i> Steamed Rice Stir Fry Vegetables Egg Roll	Smoked Spiral Ham OR Lemon Broiled Cod <i>Side Dishes:</i> Yukon Gold Mash Potatoes Succotash Fuji Apples	Stuffed Cabbage OR Penne a la Vodka <i>Side Dishes:</i> Rice Pilaf Steamed Garden Peas Warm Breadsticks
Sliced Pears	Chocolate Chip Cookies	Peaches and Cream	Butterscotch Pudding	Sliced Apricots	Rice Pudding	Chocolate Cake

September 2022 Menu Selections



<i>SUNDAY, September 11</i>	<i>MONDAY, September 12</i>	<i>TUESDAY, September 13</i>	<i>WEDNESDAY, September 14</i>	<i>THURSDAY, September 15</i>	<i>FRIDAY, September 16</i>	<i>SATURDAY, September 17</i>
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
Cold Cereal Oatmeal/ Cr. of Wheat Eggs Cooked to Order Bacon/ Sausage Belgian Waffles Choice of Toast Fresh Fruit Salad/ Prunes	Cold Cereal Oatmeal/ Cr. of Wheat Eggs Cooked to Order Bacon/ Sausage Buttermilk Pancakes Choice of Toast Fresh Fruit Salad/ Prunes	Cold Cereal Oatmeal/ Cr. of Wheat Eggs Cooked to Order Bacon/ Sausage French Toast Choice of Toast Fresh Fruit Salad/ Prunes	Cold Cereal Oatmeal/ Cr. of Wheat Eggs Cooked to Order Bacon/ Sausage Breakfast Sandwich Choice of Toast Fresh Fruit Salad/ Prunes	Cold Cereal Oatmeal/ Cr. of Wheat Eggs Cooked to Order Bacon/ Sausage Belgian Waffles Choice of Toast Fresh Fruit Salad/ Prunes	Cold Cereal Oatmeal/ Cr. of Wheat Eggs Cooked to Order Bacon/ Sausage Buttermilk Pancakes Choice of Toast Fresh Fruit Salad/ Prunes	Cold Cereal Oatmeal/ Cr. of Wheat Eggs Cooked to Order Bacon/ Sausage French Toast Choice of Toast Fresh Fruit Salad/ Prunes
Juice/Milk/Coffee/Tea Butter/Syrup/Jelly/Jam	Juice/Milk/Coffee/Tea Butter/Syrup/Jelly/Jam	Juice/Milk/Coffee/Tea Butter/Syrup/Jelly/Jam	Juice/Milk/Coffee/Tea Butter/Syrup/Jelly/Jam	Juice/Milk/Coffee/Tea Butter/Syrup/Jelly/Jam	Juice/Milk/Coffee/Tea Butter/Syrup/Jelly/Jam	Juice/Milk/Coffee/Tea Butter/Syrup/Jelly/Jam
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
New England Clam Chowder	Sausage, Cabbage, & Potato	Manhattan Clam Chowder	Beef Barley	Broccoli and Cheese	Vegetable	Chicken Broth w/ Noodles
Pierogies with Caramelized Onions/ Sour Cream & Garden Vegetables	Pork Roll, Egg & Cheese Sandwich w/ Country Skillet Home Fries	Homemade Quiche Lorraine with Fresh Fruit Salad On the Side	Angel Hair w/ Grilled Chicken Portabellas/ Marinara Sauce Parmesan & Garlic Bread	Sloppy Joe on Kaiser Roll w/ Homemade Potato Salad and Pickles	Turkey, Avocado, Bacon Burger with Sweet Potato Fries & Coleslaw	Hot Dog on a Bun with Sauerkrautr/ Baked Beans and Coleslaw
OR	OR	OR	OR	OR	OR	OR
Chicken Salad Pita Pocket w/ Homemade Cucumber Salad and Potato Chips NAS Vanilla Pudding	Popcorn Shrimp Over Fresh Tossed Salad w/ Your Choice of Dressing Peanut Butter Cookies	Italian Sub Sandwich with Homemade Macaroni Salad and Pickles Cupcakes	Egg Salad on Croissant w/ Homemade Beet Salad & Potato Chips Sliced Pears	Antipasto Salad with Ham, Salami, Olives, Roasted Peppers & Mozzarella Oatmeal Raisin Cookies	Seasonal Fresh Fruit & Cottage Cheese Platter Crackers On the Side Eclairs	Seafood Salad Served Over Garden Greens with Crackers On the Side Southern Pecan Pie
DINNER	DINNER	DINNER	DINNER	DINNER	DINNER	DINNER
Corn Chowder Apple Sauce	French Onion Fortune Cookie	Chicken Noodle Garden Salad	Lentil Fresh Fruit Salad	Matzo Ball Mustard	Italian Wedding Tartar Sauce	Split Pea Garlic Bread
Roast Pork with Gravy OR Crab Cakes w/ Tartar Sauce <i>Side Dishes:</i> Mash Potatoes Fuji Apples Pepper and Onions	Chicken Kiev OR Vegetable Lo Mein <i>Side Dishes:</i> Rice Pilaf Steamed Asparagus Honey Wheat Dinner Roll	Filet Mignon OR Cavatelli and Broccoli <i>Side Dishes:</i> Baked Potato w/ Sour Cream Sreamed Broccoli Garlic Bread	Omelets Made to Order OR Lamb Chops w/ Mint Jelly <i>Side Dishes:</i> Scalloped Potatoes Cauliflower Florets Baby Spinach	Corned Beef and Cabbage OR Turkey Tetrazini <i>Side Dishes:</i> Boiled Potatoes Steamed Carrots Honey Wheat Dinner Rolls	Sausage and Peppers OR Breaded Sea Scallops <i>Side Dishes:</i> Roast Potatoes Green Beans Corn Niblets	Chicken Parmesan w/ Pasta OR Filet of Salmon <i>Side Dishes:</i> Rice Pilaf Fire Roasted Vegetables Tartar Sauce
Black Forest Cake	Orange Blossom Ice Cream	Tapioca Pudding	Ice Cream Sundae	Lemon Pound Cake	Warm Apple Crisp	Rice Pudding

September 2022

Menu Selections



<i>SUNDAY, September 18</i>	<i>MONDAY, September 19</i>	<i>TUESDAY, September 20</i>	<i>WEDNESDAY, September 21</i>	<i>THURSDAY, September 22</i>	<i>FRIDAY, September 23</i>	<i>SATURDAY, September 24</i>
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
Cold Cereal Oatmeal/ Cr. of Wheat Eggs Cooked to Order Bacon/ Sausage Belgian Waffles Choice of Toast Fresh Fruit Salad/ Prunes	Cold Cereal Oatmeal/ Cr. of Wheat Eggs Cooked to Order Bacon/ Sausage Buttermilk Pancakes Choice of Toast Fresh Fruit Salad/ Prunes	Cold Cereal Oatmeal/ Cr. of Wheat Eggs Cooked to Order Bacon/ Sausage French Toast Choice of Toast Fresh Fruit Salad/ Prunes	Cold Cereal Oatmeal/ Cr. of Wheat Eggs Cooked to Order Bacon/ Sausage Breakfast Sandwich Choice of Toast Fresh Fruit Salad/ Prunes	Cold Cereal Oatmeal/ Cr. of Wheat Eggs Cooked to Order Bacon/ Sausage Belgian Waffles Choice of Toast Fresh Fruit Salad/ Prunes	Cold Cereal Oatmeal/ Cr. of Wheat Eggs Cooked to Order Bacon/ Sausage Buttermilk Pancakes Choice of Toast Fresh Fruit Salad/ Prunes	Cold Cereal Oatmeal/ Cr. of Wheat Eggs Cooked to Order Bacon/ Sausage French Toast Choice of Toast Fresh Fruit Salad/ Prunes
Juice/Milk/Coffee/Tea Butter/Syrup/Jelly/Jam	Juice/Milk/Coffee/Tea Butter/Syrup/Jelly/Jam	Juice/Milk/Coffee/Tea Butter/Syrup/Jelly/Jam	Juice/Milk/Coffee/Tea Butter/Syrup/Jelly/Jam	Juice/Milk/Coffee/Tea Butter/Syrup/Jelly/Jam	Juice/Milk/Coffee/Tea Butter/Syrup/Jelly/Jam	Juice/Milk/Coffee/Tea Butter/Syrup/Jelly/Jam
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
Tomato	French Onion	Cream of Mushroom	Chicken Noodle	Matzo Ball	Hearty Potato	Cream of Turkey
Grilled Cheese, Bacon and Tomato Sandwich w/ Potato Chips & Coleslaw	Penne w/ Sausage/ Baby Spinach/ Parmesan Cheese and Garlic Bread	Monte Cristo on Brioche with Homemade Celery Apple Salad and Potato Chips	California Cheeseburger w/ Lettuce, Tomato, Onion Rings and Pickles	Fettuccini Alfredo with Parmesan Cheese and Garlic Bread	Lobster On a Toasted Buttered Roll w/ Corn On the Cob & Coleslaw	Grilled Cuban Sandwich w/ Homemade Potato Salad and Pickles
OR	OR	OR	OR	OR	OR	OR
Tarragon Turkey Salad Over Garden Greens with Toasted Almonds Peanut Butter Cookies	Roast Beef Club Sandwich w/ Homemade Macaroni Salad and Pickles Fresh Fruit Tart	Asian Chopped Salad with Chicken/ Mandarin Oranges & Sesame Ginger Dressing Strawberry Shortcake	Chef's Salad Platter with Your Choice of Dressing Crackers On the Side Sliced Peaches	Mediterranean Turkey Wrap w/ Homemade Cucumber Salad and Potato Chips Chocolate Chip Cookies	Honey Mustard Ham & Brie Sandwich w/ Carrot Rasin Salad and Pickles Cream Puffs	Homemade Shrimp Salad Over Garden Greens Root Beer Floats
DINNER	DINNER	DINNER	DINNER	DINNER	DINNER	DINNER
Chicken Gumbo Tartar Sauce	Lentil Garden Salad	Beef Barley Apple Sauce	Seafood Bisque Cocktail Sauce	Tortellini Cornbread	Vegetable Cranberry Sauce	Italian Wedding Garden Salad
Stuffed Cabbage OR Filet of Tilapia <i>Side Dishes:</i> Scalloped Potatoes Steamed Peas Stewed Tomatoes	Chicken Marsala OR Flounder w/ Tartar Sauce <i>Side Dishes:</i> Rice Pilaf Green Beans Honey Wheat Dinner Roll	Smothered Pork Chops OR Baked Manicotti <i>Side Dishes:</i> Yukon Gold Mash Potatoes Sauteed Cabbage Harvard Beets	Cheese Lasagna OR Coconut Shrimp <i>Side Dishes:</i> Baked Sweet Potato Broccoli Florets Garlic Bread	Chili Con Carne OR Pork Schnitzel <i>Side Dishes:</i> Buttered Noodles Creamed Spinach Glazed Carrots	Roast Turkey with Gravy OR Baked Haddock <i>Side Dishes:</i> Mash Potatoes Cornbread Stuffing Garden Vegetables	Chicken Cacciatore OR Broiled Cod w/ Tartar Sauce <i>Side Dishes:</i> Roast Potatoes Baby Spinach Garlic Bread
Sugar Free Fruited Jello	Sorbet	NAS Vanilla Pudding	Coconut Custard Pie	Tres Leche Cake	Mousse	Brownies

September 2022 Menu Selections



<i>SUNDAY, September 25</i>	<i>MONDAY, September 26</i>	<i>TUESDAY, September 27</i>	<i>WEDNESDAY, September 28</i>	<i>THURSDAY, September 29</i>	<i>FRIDAY, September 30</i>	
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	
Cold Cereal Oatmeal/ Cr. of Wheat Eggs Cooked to Order Bacon/ Sausage Belgian Waffles Choice of Toast Fresh Fruit Salad/ Prunes	Cold Cereal Oatmeal/ Cr. of Wheat Eggs Cooked to Order Bacon/ Sausage Buttermilk Pancakes Choice of Toast Fresh Fruit Salad/ Prunes	Cold Cereal Oatmeal/ Cr. of Wheat Eggs Cooked to Order Bacon/ Sausage French Toast Choice of Toast Fresh Fruit Salad/ Prunes	Cold Cereal Oatmeal/ Cr. of Wheat Eggs Cooked to Order Bacon/ Sausage Breakfast Sandwich Choice of Toast Fresh Fruit Salad/ Prunes	Cold Cereal Oatmeal/ Cr. of Wheat Eggs Cooked to Order Bacon/ Sausage Belgian Waffles Choice of Toast Fresh Fruit Salad/ Prunes	Cold Cereal Oatmeal/ Cr. of Wheat Eggs Cooked to Order Bacon/ Sausage Buttermilk Pancakes Choice of Toast Fresh Fruit Salad/ Prunes	
Juice/Milk/Coffee/Tea Butter/Syrup/Jelly/Jam	Juice/Milk/Coffee/Tea Butter/Syrup/Jelly/Jam	Juice/Milk/Coffee/Tea Butter/Syrup/Jelly/Jam	Juice/Milk/Coffee/Tea Butter/Syrup/Jelly/Jam	Juice/Milk/Coffee/Tea Butter/Syrup/Jelly/Jam	Juice/Milk/Coffee/Tea Butter/Syrup/Jelly/Jam	
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	
Split Pea	Cream of Broccoli	Tuscan Bread	Manhattan Clam Chowder	Potato Leek	Beef Barley	
Pepperoni French Bread Pizza	Broccoli & Cheddar Quiche	Eggplant Parmesan Served	Veggie Burger on Bun with	Tempura Shrimp Over Asian	Chicken Tenders w/ Honey	
Fresh Garden Salad On the Side OR Baby Spinach w/ Diced Turkey Berries, Toasted Walnuts & Raspberry Vinaigrette	with Fresh Fruit Salad On the Side OR Muffaletta Sandwich with Potato Chips & Pickles	Over Spaghetti with Garlic Bread OR Roast Beef Sandwich with Horseradish Sauce/ Potato Salad & Pickles	Lettuce, Tomato, Waffle Fries and Pickles OR Waldorf Chicken Salad with Fresh Apples, Craisins and Toasted Almonds	Mixed Greens w/ Wontons & Sesame Ginger Dressing OR Italian Submarine Sandwich w/ Macaroni Salad & Pickles	Mustard, French Fries and Pickles OR Lobster Tarragon Salad Over Garden Greens with Your Choice of Dressing	
Tapioca Pudding	Boston Cream Pie	Carrot Cake	Sliced Peaches	Banana Parfait	Pound Cake a la Mode	
DINNER	DINNER	DINNER	DINNER	DINNER	DINNER	
Turkey and Wild Rice Tartar Sauce	Alphabet Garden Salad	Chicken Noodle Fresh Fruit Salad	Butternut Squash Garlic Bread	Minestrone Apple Sauce	Carrot Dill Tartar Sauce	
Baked Flounder OR Stuffed Peppers <i>Side Dishes:</i> Scalloped Potatoes Steamed Peas Garlic Bread	Buffalo Wings w/ Celery Stix OR Sweet and Sour Pork <i>Side Dishes:</i> Steamed Basmati Rice Broccoli Florets Glazed Carrots	Chicken Francaise OR Honey Orange Salmon <i>Side Dishes:</i> Rice Pilaf Steamed Asparagus Tartar Sauce	Spaghetti and Meatballs OR Stuffed Filet of Sole <i>Side Dishes:</i> Roast Potatoes Sauteed Baby Spinach Tartar Sauce	Pork Florentine OR Linguini w/ Red Clam Sauce <i>Side Dishes:</i> Candied Yams Corn Niblets Green Beans	Turkey Meatloaf w/ Gravy OR Breaded Sea Scallops <i>Side Dishes:</i> Yukon Gold Mash Potatoes Peppers and Onions Sauteed Zucchini	
Oatmeal Raisin Cookies	Homemade Ambrosia	NAS Chocolate Pudding	Cheesecake	Fresh Watermelon	Ice Cream Sandwich	