

# September 2022

## Menu Selections



				<i>THURSDAY, September 1</i>	<i>FRIDAY, September 2</i>	<i>SATURDAY, September 3</i>
				<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>
				Brown Sugar Oatmeal Sausage Egg bake Blueberry Muffin	Cream of Wheat Scrambled Eggs Toasted Bagel	Oatmeal Waffles Crispy bacon
				<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>
				Pulled Pork Sandwich California Grilled Cheese with Tomato Dessert: Lemon Meringue Pie	Crab Salad on a roll Cucumber & onion Salad Stuffed pepper Casserole Dessert: Fresh Fruit	Roast Turkey Cornbread Stuffing Buttered Corn Vegetable lasagna Green Beans Dessert: Mandarin oranges
				Soup: Beef & Barley Cheese Ravioli Winter Mix Garlic bread Kielbasa & Cabbage Skillet Dessert: Fruit Cocktail	Soup: Split Pea White Cheddar Macaroni & Cheese Broccoli Cuts Fried Fish on a Roll Dessert: Diced Pears	Soup: Chicken noodle Swedish Meatballs Egg noodles Bermuda Mix Chicken Salad on White Italian tomato onion salad Dessert: Boston Cream Pie

# 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
<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>
Cream of Wheat Scrambled with Cheese Toasted English Muffin	Cinnamon Oatmeal Blueberry pancakes Turkey Sausage links	Cream of Wheat Cheese Omelet Coffee Cake	Cream of Wheat French Toast Pork Sausage Links	Brown Sugar Oatmeal Western Egg Bake Assorted Scone	Cream of Wheat Scrambled Eggs Toasted Bagel	Oatmeal Waffles Crispy Bacon
<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>
Rigatoni With Bolognese sauce Garden Mix  Egg Salad on Wheat Tossed Salad  Dessert: Fresh Fruit	Labor Day Lunch <b>Hamburger on a Bun</b> <b>Homemade Potato Salad</b> <b>Corn on the Cob</b>  <b>Hot dog on a Bun</b> <b>Macaroni-Coleslaw</b>  <b>Dessert:</b> <b>Watermelon</b>	Applekraut Pork Chops Candied Yams Capri Blend  Maryland Crab Cakes French Fries  Dessert: Fruited Gelatin	Chicken alfredo Stuffed Peppers Buttered White Rice Italian mix  Italian Sausage Burger on a bun Creamy Cucumber Salad  Dessert: Ambrosia	Salisbury Steak with Mushroom Gravy Mashed Potatoes Italian Green Beans  Breaded Cod French Fries Coleslaw Dessert: Fruit Cocktail	Turkey Ala King Carrot Coins  Eggplant Parm on a Roll  Dessert: Diced Pears	Meatball Parm Tossed Salad  Grilled Ham & Cheese  Dessert: Cinnamon Applesauce
<b>DINNER</b>	<b>DINNER</b>	<b>DINNER</b>	<b>DINNER</b>	<b>DINNER</b>	<b>DINNER</b>	<b>DINNER</b>
Soup: Cream Of Celery  Grilled Chicken Fetticini Alfredo Broccoli Cuts  Ham & Swiss on Rye  Dessert: Chocolate Cream pie	Soup: Tomato Rice  Salmon Croquettes Buttered White Rice Green Beans  Personal Pizza  Dessert: Apple Upside Down cake	Soup: Vegetable Barley  Tuna Noodle Casserole Peas & Carrots  Broccoli Cheddar Quiche  Dessert: Chocolate Brownie	Soup: Chicken Orzo  Pineapple Glazed Ham Garlic mashed Potato Diced Carrots  Cheese Ravioli Pickle chips  Dessert: Assorted Frozen Yogurt	Soup: Pasta Fagirole  Macaroni & Cheese Sewed Tomatoes  Kielbasa & Sauerkraut Pierogies  Dessert: Pound cake	Soup: Lobster Bisque  Stuffed Shells Normandy Dinner Roll  Fish Sticks Tater tots  Dessert: Fresh baked Cookies	Soup: Split Pea  Chicken nuggets Sweet potato Fries Green Beans  Cheesesteak on a bun  Dessert: Poke 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>
<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>
Cream of Wheat Scrambled with Cheese Toasted English muffin	Cinnamon Oatmeal Buttermilk pancakes Turkey Sausage links	Cream of Wheat Cheese Omelet Hash Brown	Cream of Wheat French Toast Pork Sausage Links	Brown Sugar Oatmeal Sausage Egg bake Blueberry Muffin	Cream of Wheat Scrambled Eggs Toasted Bagel	Oatmeal Waffles Crispy bacon
<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>
Baked Ziti Capri Blend Garlic bread  Veggie Burger on a Bun with lettuce and Tomato  Dessert: Ambrosia	Chicken Adobo Jasmine Rice Diced carrots  Pepperoni Pizza Tossed Salad  Dessert: Butterscotch pudding	Chicken Parmesan with Spaghetti Green beans  Very veggie Quiche  Dessert: Mandarin Oranges	Cheeseburger on a Bun Macaroni Salad Buttered Corn  Turkey & Swiss on Wheat Coleslaw  Dessert: Watermelon	Roasted Pork loin Baked Potato Carrot Coins  Beef Ravioli  Dessert: Fruit Cocktail	Seafood Newburg White Rice Capri Blend  BBQ Chicken wings French fries  Dessert: Pound cake	Herb Roasted Chicken Mashed Potatoes Italian Green beans  Ham & Swiss on wheat Potato salad  Dessert: Diced Peaches
<b>DINNER</b>	<b>DINNER</b>	<b>DINNER</b>	<b>DINNER</b>	<b>DINNER</b>	<b>DINNER</b>	<b>DINNER</b>
Soup: Tomato rice Soup  Baked Fish With Lemon Spanish Rice Creamed Spinach  Turkey Burger melt  Dessert: Ice cream Sandwich	Soup: Cream of Celery  Sweet and Sour Pork Fried Rice Mandarin Stir Fry  General Tso's Chicken  Dessert: Tropical Fruit Salad	Soup: Cream of Mushroom  BBQ Boneless Riblet on a bun Coleslaw  Cottage Cheese with Fruit  Dessert: Cherry Pie	Soup: Cream of Potato  Chicken Cheesesteak on a bun Tater Tots Italian Mix  Tuna Wrap Carrot Raisin Salad  Dessert: Bread Pudding	Soup: Vegetable  Meatball Hoagie Broccoli Cuts  Chicken Salad on wheat with Lettuce & tomato  Dessert: Orange Iced cake	Soup: Cream of Broccoli  Chicken Burger with Lettuce & tomato Cucumber Salad  Salami & Cheese on a roll Tossed Salad  Dessert: Mandarin Oranges	Soup: Chicken Rice Soup  Hot Dog on a bun with Sauerkraut Baked beans  Grilled Cheese with Tomato Diced carrots  Dessert: Chocolate Brownie

# 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>
<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>
Cream of Wheat Scrambled with Cheese Toasted English muffin	Cinnamon Oatmeal Blueberry pancakes Turkey Sausage links	Cream of Wheat Cheese Omelet Coffee Cake	Cream of Wheat French Toast Pork Sausage Links	Brown Sugar Oatmeal Western Egg Bake Assorted Scone	Cream of Wheat Scrambled Eggs Toasted Bagel	Oatmeal Waffles Crispy bacon
<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>
Penne pasta with Meatsauce Normandy Dinner Roll Lemon Pepper fish  Dessert: Lemon Meringue Fish	Turkey Taco Skillet Buttered White Rice Winter Mix  Cheese Ravioli Tossed salad  Dessert: Diced Peaches	BBQ Boneless Riblet Wax beans  Crab Salad on a roll Carrot Raisin Salad  Dessert: Mandarin Oranges	Orange Glazed ham Mashed Sweet potatoes Chuckwagon Corn  Grilled Chicken on a roll with Lettuce and Tomato Italian Tomato Salad  Dessert: Sliced Pears	Arroz Con Pollo Italian Mix  Eggplant Parm on a Roll  Dessert: Peach pie	Lemon Pepper Fish Buttered Orzo Broccoli Florets  Open faced Reuben  Dessert: Fresh Fruit	Veal Patty with Brown Gravy Herbed mashed Potatoes Creamed corn  Bologna & Cheese Sandwich Tossed Salad  Dessert: Rice Pudding w/ Cinnamon
<b>DINNER</b>	<b>DINNER</b>	<b>DINNER</b>	<b>DINNER</b>	<b>DINNER</b>	<b>DINNER</b>	<b>DINNER</b>
Soup: Vegetable  BBQ Chicken Thigh Mashed Potatoes Whole Kernel Corn  Cheese Manicotti Tossed Salad  Dessert: Chocolate Brownie	Soup: Lentil  Cavitelli with Sausage in a Garlic Sauce Tossed Salad  Chicken & Cheese Quesadilla  Dessert: Rice Pudding	Soup: Broccoli & Cheese  Chicken Tenders French Fries Capri Blend  Veggie Burger on a bun Tossed Salad  Dessert: Tropical Fruit	Soup: Cream of Turkey  Salisbury Steak Garlic Mashed potato Peas & Onions  Personal Pizza Tossed Salad  Dessert: Chocolate Cream Pie	Soup: Italian Wedding  Cheese Tortellini Alfredo Green Beans  Teriyaki Meatballs Buttered White Rice  Dessert: Fruit Cocktail	Soup: Egg Drop  Korean BBQ Pork White Rice Prince Edward  Turkey Burger on a bun French Fries  Dessert: Diced Pears	Soup: Beef & Barley  Turkey & Muenstar Wrap Chickpea Salad  Cheeseburger on a bun Creamy Cucumber  Dessert: Fruited Gelatin

# 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>
<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>
Cream of Wheat  Scrambled with Cheese Toasted English muffin	Cinnamon Oatmeal  Buttermilk pancakes Turkey Sausage links	Cream of Wheat  Cheese Omelet Hash Brown	Cream of Wheat  French Toast Pork Sausage Links	Brown Sugar Oatmeal  Sausage Egg bake Blueberry Muffin	Cream of Wheat  Scrambled Eggs Toasted Bagel
<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>
Penne Pasta with Meatsauce Normandy  Salami & Cheese on a roll  Dessert: Fresh Fruit	No Peek Chicken Diced carrots  Salisbury Steak Mashed potatoes  Dessert: Banana Cream pie	Meatloaf with mushroom gravy Scalloped Potatoes Italian Green beans  Flounder Florentine brown rice  Dessert: Diced Pears	BBQ Chicken Thigh Macaroni Salad Coleslaw  Mac & Beef Casserole Capri Blend Dinner Roll  Dessert: Diced Peaches	Pulled Pork Sandwich California  Grilled Cheese with Tomato  Dessert: Lemon Meringue Pie	Crab Salad on a roll Cucumber & onion Salad  Stuffed pepper Casserole  Dessert: Fresh Fruit
<b>DINNER</b>	<b>DINNER</b>	<b>DINNER</b>	<b>DINNER</b>	<b>DINNER</b>	<b>DINNER</b>
Soup: Vegetable  Fish Sticks Tater Tots Green Beans  Veggie Burger on a bun With lettuce & tomato  Dessert: Spice Cake	Soup: Lentil  Sausage, Peppers & onions Roasted Potatoes Italian blend  Chicken Caesar Salad  Dessert: Pineapple Chunks	Soup: Navy Bean  Turkey Salad Pickled Beets  Tuna noodle Casserole Mixed blend  Dessert: Tapicoa Pudding	Soup: Cream Of Potato  Sloppy Joe On a bun Peas & carrots  Popcorn Chicken Tater Tots  Dessert: Baked apples w/ Cinnamon	Soup: Beef & Barley  Cheese Ravioli Winter Mix Garlic bread  Kielbasa & Cabbage Skillet  Dessert: Fruit Cocktail	Soup: Split Pea  White Cheddar Macaroni & Cheese Broccoli Cuts  Fried Fish on a Roll  Dessert: Diced Pears