

September 2022

Menu Selections



				<i>THURSDAY, September 1</i>	<i>FRIDAY, September 2</i>	<i>SATURDAY, September 3</i>
				BREAKFAST	BREAKFAST	BREAKFAST
				Brown Sugar Oatmeal Western Egg Bake Assorted Scones	Cream of Wheat Scrambled Eggs Toasted Bagel	Oatmeal Waffles Crispy Bacon
				LUNCH	LUNCH	LUNCH
				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
				DINNER	DINNER	DINNER
				Soup: Pasta Fagiole 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

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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
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 Corn muffin	Cream of Wheat Scrambled Eggs Toasted Bagel	Oatmeal Waffles Crispy bacon
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
Baked Ziti Capri Blend Garlic bread Veggie Burger on a Bun with lettuce and Tomato Dessert: Ambrosia	Labor Day Lunch Hamburger on a Bun Homemade Potato Salad Corn on the Cob Hot dog on a Bun Macaroni-Coleslaw Dessert: WaterMelon	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	BBQ Riblet on a bun Coleslaw Macaroni & Cheese Broccoli Florets 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
DINNER	DINNER	DINNER	DINNER	DINNER	DINNER	DINNER
Soup: Tomato rice Soup Baked Fish With Lemon Spanish Rice Creamed Spinach Turkey Burger melt Dessert: Ice cream Sandwich	Soup: Cream of Celery BBQ Ribs Mashed Potatoes Broccoli General Tso's Chicken Dessert: Tropical Fruit Salad	Soup: Cream of Mushroom Roasted Pork Loin Baked Potato Carrot Coins Beef Ravioli 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

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SUNDAY, September 11	MONDAY, September 12	TUESDAY, September 13	WEDNESDAY, September 14	THURSDAY, September 15	FRIDAY, September 16	SATURDAY, September 17
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
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
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
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 Buttered Corn Bologna & Cheese Sandwich Tossed Salad Dessert: Rice Pudding w/ Cinnamon
DINNER	DINNER	DINNER	DINNER	DINNER	DINNER	DINNER
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: French Onion Mac & Cheese with Bread Crumb topping Stewed Tomatoes Turkey Burger on a bun French Fries Mix vegetable Dessert: Diced Pears	Soup: Beef & Barley Turkey & Muenstar Wrap Chickpea Salad Cheeseburger on a bun Creamy Cucumber Dessert: Fruited Gelatin

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Menu Selections



SUNDAY, September 18	MONDAY, September 19	TUESDAY, September 20	WEDNESDAY, September 21	THURSDAY, September 22	FRIDAY, September 23	SATURDAY, September 24
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
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
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
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 Whole Kernal corn 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	Roast Turkey Cornbread Stuffing Buttered Corn Vegetable lasagna Green Beans Dessert: Mandarin oranges
DINNER	DINNER	DINNER	DINNER	DINNER	DINNER	DINNER
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 Eggsalad on a Croissant Tossed 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 Baked Mac & Cheese Stewed Tomatoes Grilled Tuna Melts Tater Tots Dessert: Bread Pudding	Soup: Chicken noodle Swedish Meatballs Egg noodles Bermuda Mix Chicken Salad on White Italian tomato onion salad Dessert: Boston Cream Pie

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<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	
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	
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	
Rigatoni With Bolognese sauce Garden Mix Egg Salad on Wheat Tossed Salad Dessert: Fresh Fruit	Pineapple Glazed Ham Garlic mashed Potato Diced Carrots Cheese Ravioli Dessert: Diced Peaches	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	
DINNER	DINNER	DINNER	DINNER	DINNER	DINNER	
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 Hot Dog On a Bun With Sauerkraut Baked Beans Cheeseburger on a bun Pickle chips Dessert: Assorted Frozen Yogurt	Soup: Pasta Fagiolo 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	