

September 2024 Menu Selections



<i>SUNDAY, September 1</i>	<i>MONDAY, September 2</i>	<i>TUESDAY, September 3</i>	<i>WEDNESDAY, September 4</i>	<i>THURSDAY, September 5</i>	<i>FRIDAY, September 6</i>	<i>SATURDAY, September 7</i>
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
COLD/HOT CEREAL Oatmeal/Cream of Wheat Bacon/Sausage Coffee Roll	COLD/HOT CEREAL Oatmeal/Cream of Wheat Bacon/Sausage Danish	COLD/HOT CEREAL Oatmeal/Cream of Wheat Bacon/Sausage Jelly Donuts	COLD/HOT CEREAL Oatmeal/Cream of Wheat Bacon/Sausage Breakfast Sandwich	COLD/HOT CEREAL Oatmeal/Cream of Wheat Bacon/Sausage Apple Turnover	COLD/HOT CEREAL Oatmeal/Cream of Wheat Bacon/Sausage Banana Nut Muffin	COLD/HOT CEREAL Oatmeal/Cream of Wheat Bacon/Sausage Buttermilk Pancakes
Fresh Fruits/Stewed Fruits Choice of Toast	Fresh Fruits/Stewed Fruits Choice of Toast	Fresh Fruits/Stewed Fruits Choice of Toast	Fresh Fruits/Stewed Fruits Choice of Toast	Fresh Fruits/Stewed Fruits Choice of Toast	Fresh Fruits/Stewed Fruits Choice of Toast	Fresh Fruits/Stewed Fruits Choice of Toast
Juice/Coffee/Milk/Tea	Juice/Coffee/Milk/Tea	Juice/Coffee/Milk/Tea	Juice/Coffee/Milk/Tea	Juice/Coffee/Milk/Tea	Juice/Coffee/Milk/Tea	Juice/Coffee/Milk/Tea
Butter/Jelly/Syrup/Cr. Cheese	Butter/Jelly/Syrup/Cr. Cheese	Butter/Jelly/Syrup/Cr. Cheese	Butter/Jelly/Syrup/Cr. Cheese	Butter/Jelly/Syrup/Cr. Cheese	Butter/Jelly/Syrup/Cr. Cheese	Butter/Jelly/Syrup/Cr. Cheese
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
Split Pea	Beef Barley	Carrot Dill	Manhattan Clam Chowder	Cream of Broccoli	Italian Wedding	Cream of Mushroom
Pierogies w/ Caramelized Onions/Steamed Garden Peas and Sour Cream OR Italian Sub Sandwich with Potato Chips and Pickles	Ham and Cheese Biscuit Melt Carrot Raisin Salad and Potato Chips OR Lobster Avocado Salad over Garden Greens w/Lemon Wedge	Broccoli and Cheese Quiche w/ Fresh Fruits on the Side OR Mediterranean Salad with Salami/Olives/Red Onions Tomatoes/Feta Cheese	BBQ Riblet Sandwich on Roll w/ French Fries and Coleslaw OR Caesar Salad w/ Grilled Chicken Hardboiled Eggs and Croutons Caesar Dressing	Grilled Chicken Panini with Housemade Beets Salad and Potato Chips OR Housemade Egg Salad Platter Crackers on the Side	Bratwurst w/Mustard and Sauerkraut on Steak Roll with Potato Salad OR Waldorf Chicken Salad with Apple, Craisins and Toasted Almonds/Choice of Dressing	Fish and Chips with Tartar Sauce and Fresh Lemon Wedge OR Turkey Club Sandwich on Sourdough Bread with Apple, Cherry, Raisin Salad and Pickles Pistachio Ice Cream
Banana Pudding	Sliced Pears	Cannolis	Peach Melba	Boston Creme Pie	Apple Spice cake	
DINNER	DINNER	DINNER	DINNER	DINNER	DINNER	DINNER
Turkey and Rice	Alphabet	Chicken Noodles	Butternut Squash	Minestrone	Bacon Potato Chowder	Turkey and Orzo
Roast Pork Loin w/Gravy OR Arancini Ball w/Marinara	Crispy Fried Chicken OR Cheese Raviolis	Beef Brisket OR Crispy Cod w/ Tartar Sauce	Smoked Ham OR Teriyaki Glazed Salmon	Veal Parmesan OR Sole Almandine	BBQ Chicken Thighs OR Penne Ala Vodka	Pasta Ala Bolognese OR Broiled Tilapia
Side Dishes: Baked Sweet Potato Sautéed Zucchini Apple Sauce	Side Dishes: Mashed Potatoes w/Gravy Green Beans Corn Niblets	Side Dishes: Baked Potato Broccoli Florets Dinner Roll	Side Dishes: Au Gratin Potatoes Steamed Asparagus Cheese Biscuit	Side Dishes: Buttered Noodles Brussels Sprouts Garlic Bread	Side Dishes: Roasted Potatoes Corn On the Cob Coleslaw	Side Dishes: Rice Pilaf Glazed Carrots Garden Peas
Choice of Ice Cream Scoop	Oatmeal Raisin Cookies	Banana Split	NAS Chocolate Pudding	Pecan Pie	Homemade Ambrosia	Fresh Baked Cookies

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<i>SUNDAY, September 8</i>	<i>MONDAY, September 9</i>	<i>TUESDAY, September 10</i>	<i>WEDNESDAY, September 11</i>	<i>THURSDAY, September 12</i>	<i>FRIDAY, September 13</i>	<i>SATURDAY, September 14</i>
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
COLD/HOT CEREAL Oatmeal/Cream of Wheat Bacon/Sausage Cinnamon Roll	COLD/HOT CEREAL Oatmeal/Cream of Wheat Bacon/Sausage Buttermilk Pancakes	COLD/HOT CEREAL Oatmeal/Cream of Wheat Bacon/Sausage Donuts	COLD/HOT CEREAL Oatmeal/Cream of Wheat Bacon/Sausage Breakfast Sandwich	COLD/HOT CEREAL Oatmeal/Cream of Wheat Bacon/Sausage Apple Turnover	COLD/HOT CEREAL Oatmeal/Cream of Wheat Bacon/Sausage Peach Muffin	COLD/HOT CEREAL Oatmeal/Cream of Wheat Bacon/Sausage French Toast
Fresh Fruits/Stewed Fruits Choice of Toast Juice/Coffee/Milk/Tea Butter/Jelly/Syrup/Cr. Cheese	Fresh Fruits/Stewed Fruits Choice of Toast Juice/Coffee/Milk/Tea Butter/Jelly/Syrup/Cr. Cheese	Fresh Fruits/Stewed Fruits Choice of Toast Juice/Coffee/Milk/Tea Butter/Jelly/Syrup/Cr. Cheese	Fresh Fruits/Stewed Fruits Choice of Toast Juice/Coffee/Milk/Tea Butter/Jelly/Syrup/Cr. Cheese	Fresh Fruits/Stewed Fruits Choice of Toast Juice/Coffee/Milk/Tea Butter/Jelly/Syrup/Cr. Cheese	Fresh Fruits/Stewed Fruits Choice of Toast Juice/Coffee/Milk/Tea Butter/Jelly/Syrup/Cr. Cheese	Fresh Fruits/Stewed Fruits Choice of Toast Juice/Coffee/Milk/Tea Butter/Jelly/Syrup/Cr. Cheese
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
Chicken Gumbo	Turkey Noodles	New England Clam Chowder	Hearty Potato	Pasta Fagioli	Cream of Mushroom	Tomato and Orzo
Mushroom Cheese Burger w/lettuce/Tomato/Onion Rings and Pickles OR Smoked Salmon Salad Platter w/Hardboiled Eggs Capers/Red Onions	Toasted Crab Roll with Housemade Pasta Salad and Pickles OR Chef's Salad Platter with Choice of Dressing Crackers on the Side	Stuffed Baked Potato with Bacon and Cheddar Cheese Garden Salad on the Side OR Roast beef Wrap with Horse Radish Mayo/Lettuce and Tomato/Macaroni Salad Pickles	Vegetable Lo Mein with Shrimp/ Egg Roll and Snap Peas OR Whole Grain Ham and Honey Mustard Sandwich w/ Carrot Raisin Salad and Pickles	Philly Cheesesteak Sub with Sweet Potato Fries and Pickles OR B.L.T. Club Sandwich with cucumber Salad and potato Chips	Cuban Panini Sandwich with Beets Salad and Potato chips OR Fresh Fruit and Cottage Cheese Crackers on the Side	Chicken Tenders w/Honey Mustard/ French Fries and Coleslaw OR Homemade Seafood Salad Over Garden Greens Choice of Dressing
NAS Blueberry Pie	Chocolate Chip Cookies	Banana Pudding	SF Fruited Jell-O	Snickerdoodle Cookies	NAS Apple Pie	Vanilla Pudding
DINNER	DINNER	DINNER	DINNER	DINNER	DINNER	DINNER
Vegetables	Split Pea	Chicken Broth and Noodles	White Bean and Spinach	Cream of cauliflower	Minestrone	Matzo Ball
BBQ Pork Spare Ribs OR Baked Ziti	Chicken Francaise OR Fish Florentine	Turkey Milanese OR Pan Seared Crab Cakes	Roast Beef w/ Gravy OR Filet of Flounder	Spaghetti and Meatballs OR Baked Cod w/Tartar Sauce	Broiled Chicken Quarters OR Eggplant Rollatini	Yankee Pot Roast OR Omelet Made to Order
Side Dishes: Corn Niblets Green Beans Coleslaw Root beer Floats	Side Dishes: Steamed Brown Rice Steamed Cauliflower Garden Peas Peaches and Cream	Side Dishes: Rice Pilaf Steamed Asparagus Pearl Onions Tiramisu	Side Dishes: Baked Potato w/Sour Cream Sautéed Zucchini Glazed Carrots Ice Cream Sandwich	Side Dishes: Scalloped Potatoes Sautéed Broccoli Rabe Corn Niblets Black Forest Cake	Side Dishes: Au Gratin Potatoes Garden Vegetables Dinner Roll Rice Pudding	Side Dishes: Mashed Potatoes Steamed Carrots and Peas Warm Croissant Pound Cake Ala Mode

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September 2024 Menu Selections



SUNDAY, September 15	MONDAY, September 16	TUESDAY, September 17	WEDNESDAY, September 18	THURSDAY, September 19	FRIDAY, September 20	SATURDAY, September 21
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
COLD/HOT CEREAL Oatmeal/Cream of Wheat Bacon/Sausage Coffee Roll	COLD/HOT CEREAL Oatmeal/Cream of Wheat Bacon/Sausage Blueberry Pancakes	COLD/HOT CEREAL Oatmeal/Cream of Wheat Bacon/Sausage Assorted Danish	COLD/HOT CEREAL Oatmeal/Cream of Wheat Bacon/Sausage Breakfast Sandwich	COLD/HOT CEREAL Oatmeal/Cream of Wheat Bacon/Sausage Apple Turnover	COLD/HOT CEREAL Oatmeal/Cream of Wheat Bacon/Sausage Banana Nut Muffin	COLD/HOT CEREAL Oatmeal/Cream of Wheat Bacon/Sausage Buttermilk Pancakes
Fresh Fruits/Stewed Fruits Choice of Toast	Fresh Fruits/Stewed Fruits Choice of Toast	Fresh Fruits/Stewed Fruits Choice of Toast	Fresh Fruits/Stewed Fruits Choice of Toast	Fresh Fruits/Stewed Fruits Choice of Toast	Fresh Fruits/Stewed Fruits Choice of Toast	Fresh Fruits/Stewed Fruits Choice of Toast
Juice/Coffee/Milk/Tea Butter/Jelly/Syrup/Cr. Cheese	Juice/Coffee/Milk/Tea Butter/Jelly/Syrup/Cr. Cheese	Juice/Coffee/Milk/Tea Butter/Jelly/Syrup/Cr. Cheese	Juice/Coffee/Milk/Tea Butter/Jelly/Syrup/Cr. Cheese	Juice/Coffee/Milk/Tea Butter/Jelly/Syrup/Cr. Cheese	Juice/Coffee/Milk/Tea Butter/Jelly/Syrup/Cr. Cheese	Juice/Coffee/Milk/Tea Butter/Jelly/Syrup/Cr. Cheese
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
Turkey Noodles	Sausage, Cabbage and Potato	Manhattan Clam Chowder	Beef Barley	Cream of Mushroom	Vegetable	Chicken Broth w/Noodles
Rueben Sandwich on Marble Rye with Housemade Macaroni Salad and Pickles OR Homemade Shrimp Salad Over Mixed Greens with Lemon Wedge	Homemade Quiche Lorraine with Fresh Fruit on the Side OR Mediterranean Turkey Wrap with Potato chips and Pickles	Grilled Chicken and Creamy Balsamic over Pasta Garlic Bread OR Roast beef on Onion Roll w/ Horseradish Mayo Potato Salad and Pickles	Roast Eggplant and Fresh Mozzarella Melt w/Sundried Tomato Orzo Salad and Pickles OR Berry Salad with Diced Turkey Breast/Walnuts and Raspberry Vinaigrette	Meatball Parmesan Sub with French Fries and Coleslaw OR Curry Chicken Salad with Raisin and Honey Served Over Garden Greens White Chocolate Chip Macadamia Nut Cookies	Grilled Cheese with Bacon and Tomato/Potato Chips and Coleslaw OR Salmon Patty w/Dill Creme Served with Mixed Greens Crackers on the Side	Hot Dog on a Bun with Sauerkraut/Baked Beans and Coleslaw OR Tuna Salad Platter with Crackers on the Side
Orange Sherbet	Fresh Watermelon	Sliced Apricots	Tapioca Pudding		Carrot Cake	Ice Cream Cone
DINNER	DINNER	DINNER	DINNER	DINNER	DINNER	DINNER
Cream of Broccoli	French Onion	Lentil	Tomato and Rice	Matzo Ball	Split Pea	Seafood Bisque
Chicken Kiev OR Tilapia w/Tartar Sauce	Cheese lasagna OR Pepper Steak	Pork Chop w/Grilled Peaches OR Broiled Haddock	Homemade Meatloaf OR Linguini w/White Clam Sauce	Irish Stew OR Stuffed Sole	Chicken Cacciatore OR Cheese Pizza	Homemade Stuffed Peppers OR Baked Flounder
Side Dishes: Baked Sweet Potato Creamed Spinach Steamed Cauliflower	Side Dishes: Steamed White Rice Snow Peas Egg roll	Side Dishes: Baked Potato w/Sour Cream Broccoli Florets Dinner Roll	Side Dishes: Mashed Potato w/ Gravy Glazed Carrots Steamed Peas	Side Dishes: Herb Buttered Egg Noodles Stewed Tomatoes Sautéed Zucchini	Side Dishes: Roast Potatoes Sautéed Peppers Green Beans	Side Dishes: Scalloped Potatoes Garden Vegetables Garlic Bread
Lemon Bar	Hot Fudge Sundae	Warm Blueberry Crisp	Sliced Pears	Banana Split	Coconut Custard Pie	Apple Dumpling

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SUNDAY, September 22	MONDAY, September 23	TUESDAY, September 24	WEDNESDAY, September 25	THURSDAY, September 26	FRIDAY, September 27	SATURDAY, September 28
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
COLD/HOT CEREAL Oatmeal/Cream of Wheat Bacon/Sausage Cinnamon Roll	COLD/HOT CEREAL Oatmeal/Cream of Wheat Bacon/Sausage Buttermilk Pancakes	COLD/HOT CEREAL Oatmeal/Cream of Wheat Bacon/Sausage Donuts	COLD/HOT CEREAL Oatmeal/Cream of Wheat Bacon/Sausage Breakfast Sandwich	COLD/HOT CEREAL Oatmeal/Cream of Wheat Bacon/Sausage Apple Turnover	COLD/HOT CEREAL Oatmeal/Cream of Wheat Bacon/Sausage Peach Muffin	COLD/HOT CEREAL Oatmeal/Cream of Wheat Bacon/Sausage French Toast
Fresh Fruits/Stewed Fruits Choice of Toast Juice/Coffee/Milk/Tea Butter/Jelly/Syrup/Cr. Cheese	Fresh Fruits/Stewed Fruits Choice of Toast Juice/Coffee/Milk/Tea Butter/Jelly/Syrup/Cr. Cheese	Fresh Fruits/Stewed Fruits Choice of Toast Juice/Coffee/Milk/Tea Butter/Jelly/Syrup/Cr. Cheese	Fresh Fruits/Stewed Fruits Choice of Toast Juice/Coffee/Milk/Tea Butter/Jelly/Syrup/Cr. Cheese	Fresh Fruits/Stewed Fruits Choice of Toast Juice/Coffee/Milk/Tea Butter/Jelly/Syrup/Cr. Cheese	Fresh Fruits/Stewed Fruits Choice of Toast Juice/Coffee/Milk/Tea Butter/Jelly/Syrup/Cr. Cheese	Fresh Fruits/Stewed Fruits Choice of Toast Juice/Coffee/Milk/Tea Butter/Jelly/Syrup/Cr. Cheese
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
New England Clam Chowder	French onion	Cream of Mushroom	Chicken Noodle	Matzo ball	Hearty Potato	Cream of Turkey
Macaroni and Cheese with Glazed Carrots and Steamed Garden Peas OR Popcorn Shrimp Salad Over	Hot Pastrami on Rye with Mustard/Homemade Potato Salad and Pickles OR Turkey Salad with Tarragon	Chicken and Portabella Mushrooms with Marinara Sauce and Parmesan Cheese OR Ham and Cheddar Flatbread	Philly Cheese Steak Sautéed Onions/French Fries and Coleslaw OR Homemade Crab Salad Over	Tuna Stuffed Tomatoes with Garden Salad on the Side Choice of Dressing OR Steak Salad with Blue Cheese Dressing Over Iceberg	Chili Con Carne with Sour Cream/Cheddar Cheese Red Onions and Cornbread OR Grilled Vegetable Focaccia Sandwich w/Housemade Macaroni Salad and Pickles	Monte Cristo Sandwich Potato Chips and Coleslaw OR Antipasto Salad w/ Fresh Mozzarella /Salami/Olives Choice of Dressing
Mixed Greens with Fresh Lemon Wedge Choice of Dressing NAS Chocolate Pudding	Toasted Almonds and Red Grapes Peanut Butter Cookies	Sandwich w/ Carrot, Raisin Salad and Potato Chips SF Fruited Jell-O	Garden Greens with Crackers on the Side Tropical Fruits	Lettuce Wedge Boston Cream Pie	Asst. Baked Cookies	Root Beer Floats
DINNER	DINNER	DINNER	DINNER	DINNER	DINNER	DINNER
Chicken Gumbo	Lentil	Beef Barley	Seafood Bisque	Tortellini	Vegetable	Italian Wedding
Salisbury Steak w/ Gravy OR Chicken Cutlet	Butterfly Shrimp OR Veggie Burger on Bun	Corned Beef OR Baked Cod Sarciado	Roast Chicken Quarter OR Cavatelli and Broccoli	Housemade Shepard's Pie OR Sausage and Rigatoni Pasta	Pork Loin w/Mushroom Dijon Sauce OR Tomato Basil Chicken	Roast Turkey w/ Gravy OR Haddock Piccata
Side Dishes: Garlic Mashed Potatoes Steamed Cauliflower Green Beans Cheesecake	Side Dishes: Baked Potato w/Sour Cream Steamed Mixed Vegetables Coleslaw and Pickles Warm Apple Crisp	Side Dishes: Boiled Potatoes Cabbage Carrots Vanilla Pudding	Side Dishes: Baked Sweet Potato Steamed Broccoli Garlic Bread Peach Cobbler	Side Dishes: Sautéed Zucchini Parmesan Cheese Warm Breadsticks German Chocolate Cheese	Side Dishes: Herbed Noodles Fire Roasted Vegetables NAS Lemon Meringue Pie	Side Dishes: Mashed Potatoes Cornbread Stuffing Peas and Onions Apple Crumb Pie



<i>SUNDAY, September 29</i>	<i>MONDAY, September 30</i>					
BREAKFAST	BREAKFAST					
COLD/HOT CEREAL Oatmeal/Cream of Wheat Bacon/Sausage Coffee Roll Fresh Fruits/Stewed Fruits Choice of Toast Juice/Coffee/Milk/Tea Butter/Jelly/Syrup/Cr. Cheese	COLD/HOT CEREAL Oatmeal/Cream of Wheat Bacon/Sausage Danish Fresh Fruits/Stewed Fruits Choice of Toast Juice/Coffee/Milk/Tea Butter/Jelly/Syrup/Cr. Cheese					
LUNCH	LUNCH					
Split Pea Pierogies w/ Caramelized Onions/Steamed Garden Peas and Sour Cream OR Italian Sub Sandwich with Potato Chips and Pickles Tapioca Pudding	Beef Barley Ham and Cheese Biscuit Melt Carrot Raisin Salad and Potato Chips OR Lobster Avocado Salad over Garden Greens w/Lemon Wedge Sliced Pears					
DINNER	DINNER					
Turkey and Rice Sweet and Sour Pork OR Arancini Ball w/Marinara Side Dishes: Steamed White Rice Sautéed Zucchini Orange Cream Pop	Alphabet Crispy Fried Chicken OR Cheese Raviolis Side Dishes: Mashed Potatoes w/Gravy Green Beans Corn Niblets Chocolate Cake					