

# September 2023

## Menu Selections



					<i>Friday, September 1</i>	<i>Saturday, September 2</i>
					<b>BREAKFAST</b>	<b>BREAKFAST</b>
					Cold Cereal Oatmeal/Cream of Wheat Eggs Cooked to Order Bacon/Porkroll Buttermilk Pancakes Choice of Toast Fresh Fruit Salad/Prunes  Juice/Milk/Coffee/Tea Butter/Syrup/Jelly/Jam/CC	Cold Cereal Oatmeal/Cream 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/CC
					<b>LUNCH</b>	<b>LUNCH</b>
					Chicken Barley Soup  French Dip w/ Au Jus Homemade Potato Salad & Pickles  OR Classic Ceasar Salad Croutons Parmesan Cheese/Ceasar  Pound Cake Ala Mode	Tuscan Sausage & Vegetable  Chicken Tenders W/ Fries Coleslaw and Honey Mustard  OR Ham and Pimiento on Pretzel Roll w/ Macaroni Salad/chips  Cupcakes
					<b>DINNER</b>	<b>DINNER</b>
					Corn and Crab Soup  Pork and Noodle Stir Fry OR Stuffed Chicken  Side Dishes Roasted Potatoes w sourcream Mixed Vegetables Dinner Roll  Baked Fresh Cookies	Turkey and Orzo Soup  Homestyle Meatloaf OR Lemon Dill Tilapia  Side Dishes Rice Pilaf Sauteed Zucchini Stewed Tomatoes  IceCream Sandwich



<i>Sunday, September 3</i>	<i>Monday, September 4</i>	<i>Tuesday, September 5</i>	<i>Wednesday, September 6</i>	<i>Thursday, September 7</i>	<i>Friday, September 8</i>	<i>Saturday, September 9</i>
<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>
Cold Cereal Oatmeal/Cream of Wheat Eggs Cooked to Order Bacon/Porkroll Buttermilk Pancakes Choice of Toast Fresh Fruit Salad/Prunes  Juice/Milk/Coffee/Tea Butter/Syrup/Jelly/Jam/CC	Cold Cereal Oatmeal/Cream 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/CC	Cold Cereal Oatmeal/Cream of Wheat Eggs Cooked to Order Bacon/Porkroll Blue Berry Muffins Choice of Toast Fresh Fruit Salad/Prunes  Juice/Milk/Coffee/Tea Butter/Syrup/Jelly/Jam/CC	Cold Cereal Oatmeal/Cream of Wheat Eggs Cooked to Order Bacon/Sausage Breakfast Sandwich Choice of Toast Fresh Fruit Salad/Prunes  Juice/Milk/Coffee/Tea Butter/Syrup/Jelly/Jam/CC	Cold Cereal Oatmeal/Cream of Wheat Eggs Cooked to Order Bacon/Sausage/Hashbrown Apple Turnover Choice of Toast Fresh Fruit Salad/Prunes  Juice/Milk/Coffee/Tea Butter/Syrup/Jelly/Jam/CC	Cold Cereal Oatmeal/Cream of Wheat Eggs Cooked to Order Bacon/Sausage Banana Walnut Muffin Choice of Toast Fresh Fruit Salad/Prunes  Juice/Milk/Coffee/Tea Butter/Syrup/Jelly/Jam/CC	Cold Cereal Oatmeal/Cream of Wheat Eggs Cooked to Order Bacon/Porkroll French Toast Choice of Toast Fresh Fruit Salad/Prunes  Juice/Milk/Coffee/Tea Butter/Syrup/Jelly/Jam/CC
<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>
Lentil Soup  Roast Beef on Kaiser Roll W/ Onion Rings & Pickles  OR  Summer Fresh Fruit and Cottage Cottage Cheese Platter  Cannolis	White Bean and Ham Soup  Homemade Egg Salad on Croissant w/ Lettuce/Tomato Chips and Pickles  OR  Crunchy Asia Chicken Salad Wontons, Mandarin Oranges, and Toasted Almonds NAS Vanilla Pudding	Tomato Basil Soup  Italian Hotdog w/ Onions, Peppers, Baked Beans and Coleslaw  OR  Grilled Vegetable Pesto Wrap W/ Mozzarella Cheese, Chips, and Pickles Ice Cream Sundae	Garden Vegetable Soup  Grilled Cheese Sandwich w/ Bacon, Macaroni Salad and Pickles  OR  Chopped Cobb Salad w/ Turkey, Hardboiled Egg, Tomato, Avocado, Cucumber Oatmeal Raisin Cookies	Cream of Broccoli  Ham and Brie on Flatbread w/ celery apple salad & chips  OR  Tuna Nicoise Salad w/ red wine wine vinaigrette, fresh green beans, crispy bacon SF Fruit Jello	New England Clam Chowder  Fishermans Basket with corn on the cob, lemon/tarter sauce  OR  Turkey and Apple on Whole Grain with Chips/Pickles  Fresh Watermelon	Turkey & Orzo Soup  BBQ Riblet Sandwich Potato Salad & Pickles  OR  Grilled Chicken over Greens with Pita Bread/ Hummus/ Tomatoes/Cucumbers Chocolate Chip Cookies
<b>DINNER</b>	<b>DINNER</b>	<b>DINNER</b>	<b>DINNER</b>	<b>DINNER</b>	<b>DINNER</b>	<b>DINNER</b>
White Bean and Spinach  Buffalo Chicken Wings OR California Cheese Burger  Side Dishes French Fries Coleslaw/Pickles Carrot/Celery Sticks  Tapioca Pudding	Split Pea Soup  Beef and Broccoli Stir Fry OR Cod Loin w/ Tarter Sauce  Side Dishes Steamed Rice Stir Fry Vegetables Egg Roll/Dinner Roll  Pineapple	Chicken Noodle Soup  Chicken Parmesan Fresca OR Crab Cakes w/ Tarter Sauce  Side Dishes Mashed Potato Asparagus Dinner Roll  Fruit of the Forest Pie	French Onion Soup  Filet Mignon w/Gravy OR Pasta Primavera  Side Dishes Roasted Butternut Squash Stemmed Broccoli Garlic Bread  Cheesecake	Matzo Ball Soup  Roast Pork OR Beef Ravioli  Side Dishes Cheesy Garlic Duchess Potato Brussel Sprouts Dinner Roll  Chocolate Cake	Italian Wedding Soup  Sausage and Peppers OR Salmon w/ Mango Salsa  Side Dishes Angel Hair Pasta w/ Cheese Green Beans Tarter Sauce/Lemon  Fudgesicles	Butternut Squash Soup  County Style Porkchops OR Penne Ala Vodka  Side Dishes Candied Yams, Red Cabbage Dinner Roll Tarter Sauce/Lemon  Warm Banana Bread Ala Mode



<i>Sunday, September 10</i>	<i>Monday, September 11</i>	<i>Tuesday, September 12</i>	<i>Wednesday, September 13</i>	<i>Thursday, September 14</i>	<i>Friday, September 15</i>	<i>Saturday, September 16</i>
<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>
Cold Cereal Oatmeal/Cream of Wheat Eggs Cooked to Order Bacon/Sausage Donut Choice of Toast Fresh Fruit Salad/Prunes  Juice/Milk/Coffee/Tea Butter/Syrup/Jelly/Jam/CC	Cold Cereal Oatmeal/Cream 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/CC	Cold Cereal Oatmeal/Cream of Wheat Eggs Cooked to Order Bacon/Porkroll French Toast Choice of Toast Fresh Fruit Salad/Prunes  Juice/Milk/Coffee/Tea Butter/Syrup/Jelly/Jam/CC	Cold Cereal Oatmeal/Cream of Wheat Eggs Cooked to Order Bacon/Sausage/Hashbrown Breakfast Sandwich Choice of Toast Fresh Fruit Salad/Prunes  Juice/Milk/Coffee/Tea Butter/Syrup/Jelly/Jam/CC	Cold Cereal Oatmeal/Cream of Wheat Eggs Cooked to Order Bacon/Sausage Apple Turnover Choice of Toast Fresh Fruit Salad/Prunes  Juice/Milk/Coffee/Tea Butter/Syrup/Jelly/Jam/CC	Cold Cereal Oatmeal/Cream of Wheat Eggs Cooked to Order Bacon/Porkroll Blueberry Pancakes Choice of Toast Fresh Fruit Salad/Prunes  Juice/Milk/Coffee/Tea Butter/Syrup/Jelly/Jam/CC	Cold Cereal Oatmeal/Cream 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/CC
<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>
Chicken Vegetable Soup  Spaghetti and Meat Sauce w/ Sautéed Spinach/ Garlic Bread  OR  BLT Club Sandwich w/ Sweet Potato Fries/Coleslaw  Apple Pie	Sausage Cabbage Potato  Grilled Ruben Sandwich on Sourdough with Mustard Carrot Raisin Salad/Pickles  OR  Cowboy Pasta Salad with Beef, Corn, Tomatoes, Onion, Beans and Cheese Peach Melba	Manhattan Clam Chowder  Italian Sub Sandwich w/ Macaroni Salad & Pickles  OR  Smoked Salmon Bistro w/ Greek Yogurt/Cream Cheese over Toasted Bagel Root Beer Floats	Beef Barley Soup  Liverwurst on Rye w/ Onion Mustard, Chips & Three Bean Salad  OR  Eggplant Parmesan with Marinara Sauce/Parm Cheese Breadstick Banana Split	Broccoli and Cheese Soup  Beef Soft Tacos with Salsa/ Guacamole/Sour Cream & Tortilla Chips  OR  Chicken Salad Sandwich on Toasted White Bread w/ Lett, Tomato, Onion Rings & Pickles Coconut Custard Pie	COOK OUT  TO CELEBRATE ASSISTED LIVING WEEK    REFERENCE SPECIAL EVENT MENU	Cream of Mushroom Soup  Meatball Sub Sandwich w/ Provolone/Cucumber Salad & Sweet Potatoe Chips  OR  Greek Tuna Salad with Olives, Cucumber, Tomatoes, Red Onion, Peppers & Feta Cheese Apricots
<b>DINNER</b>	<b>DINNER</b>	<b>DINNER</b>	<b>DINNER</b>	<b>DINNER</b>	<b>DINNER</b>	<b>DINNER</b>
Pasta Fagioli Soup  Roast Turkey w/ Gravy OR Baked Flounder  Side Dishes Mashed Potatoes Cornbread Stuffing Mixed Vegetables Warm Biscuit Blueberry Betty	French Onion Soup  Shrimp Scampi OR Omelets Made to Order  Side Dishes Steamed Brown Rice Garden Peas/Carrots Dinner Roll  Tapioca Pudding	Chicken Noodle Soup  Mustard Brine Pork Loin OR Baked Haddock  Side Dishes Mashed Potatoes Cauliflower/Brussel Sprouts Garlic Bread  SF Fruited Jello	Lentil Soup  Beef Stroganoff OR Cheese Pizza w/ Garden Salad  Side Dishes Buttered Noodles Sautéed Zucchini Dinner Roll  Chocolate Lava Cake	Matzo Ball Soup  Butterfly Shrimp OR Tortellini Pesto  Side Dishes Baked Potato w/ Sour Cream Butterd Succotash Dinner Roll  Banana Pudding	Italian Wedding Soup  BBQ Spare Ribs OR Herbed Crusted Salmon  Side Dishes Corn on the Cob Green Beans Cornbread Tarter Sauce/Lemon Wedge Bundt Cake	Split Pea Soup  Chicken Cordon Bleu OR Filet of Flounder  Side Dishes Rice Pilaf Steamed Asparagus Honey Wheat Dinner Roll  Cupcakes

# September 2023

## Menu Selections



<i>Sunday, September 17</i>	<i>Monday, September 18</i>	<i>Tuesday, September 19</i>	<i>Wednesday, September 20</i>	<i>Thursday, September 21</i>	<i>Friday, September 22</i>	<i>Saturday, September 23</i>
<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>
Cold Cereal Oatmeal/Cream 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/CC	Cold Cereal Oatmeal/Cream 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/CC	Cold Cereal Oatmeal/Cream of Wheat Eggs Cooked to Order Bacon/Porkroll Apple Turnover Choice of Toast Fresh Fruit Salad/Prunes  Juice/Milk/Coffee/Tea Butter/Syrup/Jelly/Jam/CC	Cold Cereal Oatmeal/Cream of Wheat Eggs Cooked to Order Bacon/Sausage Patty Breakfast Sandwich Choice of Toast Fresh Fruit Salad/Prunes  Juice/Milk/Coffee/Tea Butter/Syrup/Jelly/Jam/CC	Cold Cereal Oatmeal/Cream 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/CC	Cold Cereal Oatmeal/Cream of Wheat Eggs Cooked to Order Bacon/Porkroll Blueberry Pancakes Choice of Toast Fresh Fruit Salad/Prunes  Juice/Milk/Coffee/Tea Butter/Syrup/Jelly/Jam/CC	Cold Cereal Oatmeal/Cream of Wheat Eggs Cooked to Order Bacon/Sausage Donut Choice of Toast Fresh Fruit Salad/Prunes  Juice/Milk/Coffee/Tea Butter/Syrup/Jelly/Jam/CC
<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>
Cream of Potato Soup  Monte Cristo Sandwich w/ Ham, Turkey, Pickles & Sweet Potato Fries  OR Chicken Waldorf Platter w/ Apple/Cranbury/Mixed Greens/Crackers and Dressing Homemade Ambrosia	French Onion Soup  Macaroni and Cheese w/ Carrots/Cauliflower and Dinner Roll  OR Cuban Melt Panini w/ Sun Dried Tom Orzo Salad/Chips  Ice Cream Cones	New England Chowder  Shrimp Po'Boy w/ Lettuce Tomato, Mayo, Pickles & Onion Rings  OR Chicken Ceasar Salad w/ Hard Boiled eggs/croutons/dressing  Rice Pudding	Chicken Noodle Soup  Broccoli and Cheddar Quiche w/ fresh fruit salad  OR Grilled Cheese w/ Bacon and Tomato, Pickles & Homemade Macaroni Salad SF Jello and Cream	Matzo Ball Soup  Pesto Caprese Panini on Sourdough bread w/ Pickles French Fries  OR Greek Orzo Salad w/ olives/ chickpeas/tomatoes/cucumbers feta cheese/balsamic dressing Black Forest Cake	Italian Wedding Soup  Turkey Burger w/ Cranberry Mayo, Lettuce/Tomato, Pickles & Pickles & Waffle Fries  OR Stuffed Baked Potato with tossed w/ Tossed Salad choice of dressing Fresh Watermelon	Crab and Corn Soup  Pulled Pork Sandwich on Kaiser Roll w/pickles/chips  OR Shrimp Avocado Salad w/ Diced Tomatoes/Corn/Beans Red Onion, Citrus Dressing Ice Cream Sandwich
<b>DINNER</b>	<b>DINNER</b>	<b>DINNER</b>	<b>DINNER</b>	<b>DINNER</b>	<b>DINNER</b>	<b>DINNER</b>
Vegetable Soup  Salisbury Steak w/ Gravy OR Baked Manicotti  Side Dishes Mashed Potatoes Mixed Vegetables Warm Dinner Roll  Eclairs	Butternut Squash Soup  Homemade Meal Lasagna OR Broiled Tilapia  Side Dishes Lemon Parsley Couscous Fire Roasted Vegetables Vegetable Blend Garlic Bread Peaches and Cream	Carrot Dill Soup  Corned Beef OR Alfredo Pasta w/ Bacon  Side Dishes Boiled Potatos Steamed Cabbage Sauteed Baby Spinach Breadsticks Sliced Pears	Seafood Bisque  Roasted Chicken Quarter OR Pan Seared Crab Cake  Side Dishes Steamed White Rice Corn Niblets Tarter Sauce/Lemon Wedge  Orange Sorbet	Vegetable Soup  Yankee Pot Roast OR Linguini with White Clam Sauce  Side Dishes Duchess Potato Carrots/Peas Dinner Roll  Boston Cream Pie	Tortellini  Chicken Stew OR Stuffed Sole  Side Dishes Buttered Noodles Stewed Tomatoes/Broccoli Tarter Sauce/Lemon Wedge Chef Salad Sliced Apricots	New England Chowder  Roast Beef with Gravy OR Baked Haddock  Side Dishes Scalloped Potatoes Creamed Spinach Dinner Roll  Banana Pudding

# September 2023 Menu Selections



<i>Sunday, September 24</i>	<i>Monday, September 25</i>	<i>Tuesday, September 26</i>	<i>Wednesday, September 27</i>	<i>Thursday, September 28</i>	<i>Friday, September 29</i>	<i>Saturday, September 30</i>
<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>
Cold Cereal Oatmeal/Cream of Wheat Eggs Cooked to Order Bacon/Porkroll Buttermilk Pancakes Choice of Toast Fresh Fruit Salad/Prunes  Juice/Milk/Coffee/Tea Butter/Syrup/Jelly/Jam/CC	Cold Cereal Oatmeal/Cream 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/CC	Cold Cereal Oatmeal/Cream of Wheat Eggs Cooked to Order Bacon/Sausage Links Assorted Muffins Choice of Toast Fresh Fruit Salad/Prunes  Juice/Milk/Coffee/Tea Butter/Syrup/Jelly/Jam/CC	Cold Cereal Oatmeal/Cream of Wheat Eggs Cooked to Order Bacon/Porkroll Breakfast Sandwich Choice of Toast Fresh Fruit Salad/Prunes  Juice/Milk/Coffee/Tea Butter/Syrup/Jelly/Jam/CC	Cold Cereal Oatmeal/Cream of Wheat Eggs Cooked to Order Bacon/Sausage Belgian Waffle Choice of Toast Fresh Fruit Salad/Prunes  Juice/Milk/Coffee/Tea Butter/Syrup/Jelly/Jam/CC	Cold Cereal Oatmeal/Cream of Wheat Eggs Cooked to Order Bacon/Porkroll Banana Nut Pancakes Choice of Toast Fresh Fruit Salad/Prunes  Juice/Milk/Coffee/Tea Butter/Syrup/Jelly/Jam/CC	Cold Cereal Oatmeal/Cream of Wheat Eggs Cooked to Order Bacon/Sausage Turnovers Choice of Toast Fresh Fruit Salad/Prunes  Juice/Milk/Coffee/Tea Butter/Syrup/Jelly/Jam/CC
<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>
Cream of Mushroom  Chicken Salad on Croissant Chips and Pickles  OR Butterfly Breaded Shrimp Dried Tom Orzo Salad/Chips  Ice Cream Sandwiches	Sausage and Spinach Soup  Taco Salad w/ Ground Beef, Black Beans, Tomatoes, Black Olives, Cheese, Sour Cream & Salsa  OR Chicken Tenders W/ Fries Coleslaw and Honey Mustard  Cream Puffs	Broccoli Cheddar Soup  BLT Club Sandwich Coleslaw, Sweet Potato Fries  OR Sloppy Joes on Kaiser Roll Macaroni Salad, Tater Tots  Baked Fresh Cookies	Split Pea Soup  Sloppy Carrots/Cauliflower and Dinner Roll  OR Cuban Melt Panini w/ Sun Dried Tom Orzo Salad/Chips  Pound Cake	Navy Bean Soup  Veggie Burger on Kaiser Roll With Lettuce, Tomato, Onion Cilantro Mayo, Pickles/ Fries  OR Grilled Chicken, Brie, Apple Slices over Lettuce w/Balsamic  NAS Vanilla Pudding	Butter Nut Squash Soup  Homemade Egg Salad on Croissant w/ Lettuce/Tomato Chips and Pickles  OR Pasta with Meatsauce over Bowtie Pasta w/ Parm Cheese  Ice Cream Sundae	Tortilla Chicken Soup  Lemon Herb Chicken Over Jasmine Rice With Broccoli  OR Greek Salad with Feta, Red Onions, Olives/Dressing  Fresh Fruit
Egg Drop Soup  Sweet and Sour Meatballs OR Chicken Parmesan  Side Dishes White Rice Linguini Sauteed Green Beans Garlic Bread Oatmeal Raisin Cookies	Lentil Soup  Beef Stew OR Crab Cakes  Side Dishes Egg Noodles Rice Pilaf Roasted Cauliflower/Carrots Warm Brownies w/Icecream	Potato Leak Soup  Chicken Marsala OR Oven Baked Pork Chops  Side Dishes Garlic Mashed Potatoes Steamed Broccoli Dinner Roll Apple Pie with Icecream	Beef Barley Soup  Chicken Alfredo with Spinach OR Marinated Beef Tips  Side Dishes Parmesan Pasta Brussel Sprouts Dinner Roll Cheesecake	Sausage, Cabbage, Potato  Kielbasi on Buttered Noodles OR Terayaki Salmon  Side Dishes Brown Rice Brown Sugar Carrots Red Beets/Red Cabbage Eclairs	Wild Rice Soup  Baked Fish Filet OR Shepherds Pie  Side Dishes Buttered Zucchini Parmesan Roasted Potatoes Dinner Roll Pumpkin Pie	Corn Chowder Soup  Honey Glazed Ham OR Beef and Broccoli Stir Fry  Side Dishes White Rice/Baked Potato Stir Fry Vegetables Candied Yams Egg Roll/ Warm Dinner Roll Carrot Cake