

September 2023

Menu Selections



					<i>Friday, September 1</i>	<i>Saturday, September 2</i>
					BREAKFAST	BREAKFAST
					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
					Beef Barley Grilled Ham and Cheese Sandwich with Carrot Raisin Salad and Pickle OR Waldorf Chicken Salad Fresh Apples, Craisins and Toasted Almonds Tapioca Pudding	Hearty Vegetable BLT Club with Homemade Beet Salad and Potato Chips OR Pierogies with Caramelized Onions, Steamed Peas & Sour Cream Mandarin Oranges
					DINNER	DINNER
					Matzo Ball Apple Honey Chicken OR Crab Cakes w/ Tartar Sauce <i>Side Dishes:</i> Rice Pilaf Broccoli Florets Fire Roasted Vegetables Warm Apple Crisp	Turkey and Rice Smoked Spiral Ham OR Broiled Haddock <i>Side Dishes:</i> Au Gratin Potatoes Glazed Carrots Green Beans Chocolate Nut Brownie

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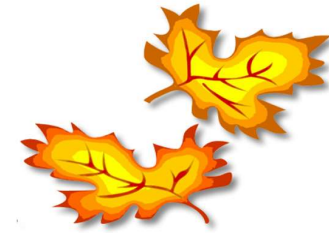
Menu Selections



<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>
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
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 Fresh Baked Pastry 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 Breakfast Sandwich Choice of Toast Fresh Fruit Salad/Prunes	Cold Cereal Oatmeal/ Cr. of Wheat Eggs Cooked to Order Bacon/Sausage Fresh Baked Muffin 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	HAPPY LABOR DAY	Chicken Noodle	Manhattan Clam Chowder	Potato Leek	Beef Barley	Vegetable
Grilled Reuben Sandwich w/ Homemade Cucumber Salad & Potato Chips OR Popcorn Shrimp Salad Over Garden Greens with Your Choice of Dressing	Hamburgers/Cheeseburgers Hotdogs Baked Beans Potato Salad Corn Niblets	Bacon, Spinach and Swiss Quiche with Fresh Fruit Salad On the Side OR Tuna Salad Sandwich with Lettuce and Tomato Potato Chips and Pickle	Homemade Sloppy Joe On a Bun with French Fries and a Pickle OR Chef's Salad Platter Over Garden Greens with Choice of Dressing	Chicken Quesadilla with Salsa, Sour Cream and Guacamole OR Salami & Provolone Sandwich with Homemade Croutons and Parmesan Cheese	Italian Sausage Melt on a Bun with Homemade Potato Salad OR Shrimp Caesar Salad with Homemade Croutons and Parmesan Cheese	BBQ Riblet Sandwich with Onion Rings and Coleslaw OR Cobb Salad w/ Diced Turkey, Hardboiled Egg, Tomatoes and Cucumbers
Sliced Peaches	Apple Pie Ice Cream Cones	Peanut Butter Cookies	Sliced Strawberries	Fruit Cocktail	NAS Chocolate Pudding	Oatmeal Raisin Cookies
DINNER	DINNER	DINNER	DINNER	DINNER	DINNER	DINNER
Pasta Fagioli	Spinach and White Bean	Italian Wedding	Butternut Squash	Minestrone	Carrot Dill	Turkey and Rice
Salisbury Steak with Gravy OR Stuffed Shells with Marinara	Pork Loin with Gravy OR Linguini w/ White Clam Sauce	Garlic Butter Steak OR Arancini with Marinara	Chicken Francaise OR Chipotle Line Crusted Tilapia	Pasta a la Bolognese OR Kielbasa with Sauerkraut	Chicken Marsala OR Cheese Ravioli w/ Marinara	Shrimp Scampi OR Swedish Meatballs
<i>Side Dishes:</i> Scalloped Potatoes Stewed Tomatoes Steamed Peas	<i>Side Dishes:</i> Candied Yams Green Beans Dinner Roll	<i>Side Dishes:</i> Rice Pilaf Fire Roasted Vegetables Corn Niblets	<i>Side Dishes:</i> Roasted Potatoes Sauteed Zucchini Galzed Carrots	<i>Side Dishes:</i> Potato Pancakes Garden Salad Garlic Bread	<i>Side Dishes:</i> Roasted Potatoes Sauteed Baby Spinach Stewed Tomatoes	<i>Side Dishes:</i> Angel Hair Pasta Broccoli Florets Dinner Roll
Pound Cake	Cream Puffs	Banana Chocolate Cake	Carrot Cake	Cannoli	Apple Cinnamon Cake	Lemon Bar

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Menu Selections



<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>
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
Cold Cereal Oatmeal/ Cr. 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	Cold Cereal Oatmeal/ Cr. of Wheat Eggs Cooked to Order Bacon/Sausage Fresh Baked Pastry 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 Breakfast Sandwich 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 Fresh Baked Muffin 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 Butermilk 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 Breakfast Sandwich Choice of Toast Fresh Fruit Salad/Prunes Juice/Milk/Coffee/Tea Butter/Syrup/Jelly/Jam
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
Split Pea Crispy Fish and Sticks with Fresh Lemon, Tartar Sauce and Corn Niblets OR Chicken Salad on a Croissant with Cucumber Salad and Pickle Tapioca Pudding	Cream of Broccoli Steak and Provolone Melt on Garlic Bread with French Fries and Pickle OR Cranberry, Apple Turkey Slaad with Toasted Walnuts and Berry Vinaigrette Peaches and Cream	Tomato Cheesy Chicken and Rice Casserole with Carrots and Broccoli OR Egg Salad Sandwich on White Toast with Three Bean Salad and Potato Chips Fruited Jello	New England Clam Chowder BBQ Pulled Pork Sandwich with Macaroni Salad and a Pickle OR Antipasto Salad with Ham, Salami, Olives, Roasted Peppers and Mozzarella Chocolate Chip Cookies	Matzo Ball Shrimp Po'Boy Sandwich with Cucumber Salad and Potato Chips OR Turkey Sloppy Joe on Marble Rye with Potato Chips and Pickle Sliced Strawberries	Beef Barley Cheeseburger Pie with Three Bean Salad and Coleslaw OR Hearty Ham and Apple Salad Over Garden Greens with Toasted Walnuts Ice Cream Sundae	Hearty Vegetable Monte Cristo Sandwich with Sweet Potato Fries and Coleslaw OR Fresh Fruit and Cottage Cheese Platter with Crackers On the Side Banana Pudding
DINNER	DINNER	DINNER	DINNER	DINNER	DINNER	DINNER
Chicken Gimbo Beef Pot Pie OR Filet of Sole <i>Side Dishes:</i> Rice Pilaf Broccoli Harvard Beets Strawberry Shortcake	Pasta Fagioli Garlic Parmesan Pasta OR Veal Cutlet <i>Side Dishes:</i> Scalloped Potatoes Asparagus Garlic Bread with French Eclair	Chicken Noodle Chili Con Carne OR Filet of Tilapia <i>Side Dishes:</i> Cornbread Steamed Peas Corn Niblets Lemon Pound Cake	Betternut Squash Cheese Pizza OR Parmesan Crusted Salmon <i>Side Dishes:</i> White Rice Cauliflower Green Beans Apple Dumpling	Minestrone Meatloaf with Gravy OR Lemon Pepper Breaded Sole <i>Side Dishes:</i> Baked Potato w/ Sour Cream Steamed Carrots Dinner Roll Cheesecake	Carrot Dill Penne a la Vodka OR Omelets Made to Order <i>Side Dishes:</i> Steamed Peas Garden Salad Garlic Bread Berry Tart	Turkey and Rice Sausage and Peppers OR Rotisserie Chicken <i>Side Dishes:</i> Mashed Potatoes Garden Vegetables Dinner Roll Coconut Cake

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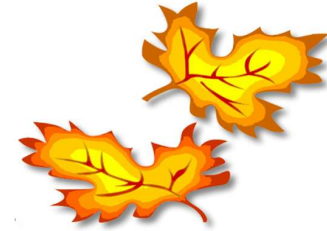
Menu Selections



<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>
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
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 Fresh Baked Pastry 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 Breakfast Sandwich Choice of Toast Fresh Fruit Salad/Prunes	Cold Cereal Oatmeal/ Cr. of Wheat Eggs Cooked to Order Bacon/Sausage Fresh Baked Muffin 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	Cream of Broccoli	French Onion	Manhattan Clam Chowder	Tomato	Beef Barley	Hearty Vegetable
French Bread Pizza with Fresh Garden Salad On the Side OR Warm Steak Salad Over Garden Greens with Bleu Cheese Crumbles	Shrimp Stir Fry Served Over Steamed Rice with Egg Roll and Fortune Cookie OR Roast Beef Sandwich with Horseradish Sauce, Potato Chips and Pickle	Caesar Pork Tenderloin On a Ciabatta Roll with Macaroni Salad and a Pickle OR Cranberry, Apple Turkey Salad with Toasted Walnuts with Your Choice of Dressing	Grilled Chicken and Bow Tie Pasta w/ Vodka Sauce, Garlic Bread and Parmesan Cheese OR Italian Sub Sandwich with Cucumber Salad and Potato Chips	Homemade Quiche Lorraine with Fresh Fruit Salad On the Side OR Ham and Swiss Sandwich with Celery Apple Salad and a Pickle	Cowboy BBQ Burger with BBQ Sauce and an Onion Ring, Potato Salad and a Pickle OR Chicken Caesar Pasta Salad with Parmesan Cheese and Homemade Croutons	Chicken Tenders with Honey Mustard, French Fries and Coleslaw OR Homemade Egg Salad Platter Over Garden Greens and Crackers On the Side
Mandarin Oranges	NAS Chocolate Pudding	Oatmeal Raisin Cookies	NAS Jello	Sliced Peaches	Rice Pudding	Cranberry Orange Cookies
DINNER	DINNER	DINNER	DINNER	DINNER	DINNER	DINNER
Chicken Gimbo	Italian Wedding	Chicken Noodle	Butternut Squash	Minestrone	Carrot Dill	Turkey and Rice
Chicken Kiev OR Filet of Sole	Filet Mignon OR Cavatelli and Broccoli	Sweet BBQ Meatballs OR Fish Florentine	Southern Fried Chicken OR Cod Loin	Corned Beef and Cabbage OR Pasta with Alfredo Sauce	Coconut Shrimp OR Veggie Burger on Bun	Spaghetti and Meatballs OR Baked Haddock
<i>Side Dishes:</i> Cauliflower Florets Corn Niblets Garden Salad	<i>Side Dishes:</i> Baked Potatow/ Sour Cream Broccoli Florets Dinner Roll	<i>Side Dishes:</i> White Rice Mixed Vegetables Harvard Beets	<i>Side Dishes:</i> Mashed Potatoesd Steamed Peas Cauliflower	<i>Side Dishes:</i> Boiled Potatoes Carrots Garlic Bread	<i>Side Dishes:</i> Scalloped Potatoes Succotash Coleslaw	<i>Side Dishes:</i> Buttered Noodles Red Cabbage Green Beans
Cream Puffs	Banana Cake	Carrot Cake	Chocolate Cake	Warm Apple Crisp	Coconut Cream Pie	Blueberry Coffee Cake

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>
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
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 Fresh Baked Pastry 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 Breakfast Sandwich Choice of Toast Fresh Fruit Salad/Prunes	Cold Cereal Oatmeal/ Cr. of Wheat Eggs Cooked to Order Bacon/Sausage Fresh Baked Muffin 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 Eggplant, Roasted Peppers, Mozzarella on Ciabatta Roll with Cucumber Salad OR Tuna Salad Platter Over Garden Greens with Crackers on the Side Cranberry Orange Cookies	French Onion Macaroni & Cheese with Glazed Carrots and Steamed Peas OR Liverwurst and Onions on Rye with Beet Salad and Potato Chips Rice Pudding	Carrot Dill Pasta Taco Casserole with Corn Niblets and Green Beans OR Italian Sub Sandwich with Potato Salad and a Pickle Angel Food Cake	New England Clam Chowder Homemade Tuna Melt on English Muffin with Onion Rings and Coleslaw OR Roast Turkey and Red Grape Salad with Toasted Almonds Over Garden Greens NAS Jello	Alphabet Angel Hair Pasta with Marinara Sauce, Garlic Bread and a Side Salad OR Roast Beef Sandwich with Horseradish Sauce, Three Bean Salad and Pickle Chocolate Chip Cookies	Beef Barley Grilled Ham and Cheese Sandwich with Carrot Raisin Salad and a Pickle OR Waldorf Chicken Salad Fresh Apples, Craisins and Toasted Almonds Tapioca Pudding	Hearty Vegetable BLT Club with Homemade Beet Salad and Potato Chips OR Pierogies w/ Carmelized Onions, Steamed Peas and Sour Cream Mandarin Oranges
DINNER	DINNER	DINNER	DINNER	DINNER	DINNER	DINNER
Chicken Gumbo Baked Ziti with Marinara OR Filet of Flounder <i>Side Dishes:</i> Baked Sweet Potato Garden Vegetables Garlic Bread Blondie	Spinach and White Bean Meatloaf with Gravy OR Fish Florentine <i>Side Dishes:</i> Roasted Potatoes Broccoli Florets Dinner Roll Tiramisu	Chicken Noodle Smothered Pork Chops OR Tortellini Alfredo <i>Side Dishes:</i> Mashed Potatoes Asparagus Cauliflower German Chocolate Cake	Butternut Squash Beef Lo Mein OR Stuffed Salmon <i>Side Dishes:</i> Sauteed Zucchini Corn Niblets Egg Roll NAS Apple Pie	Minestrone Butterfly Shrimp OR Veggie Burger on a Bun <i>Side Dishes:</i> Baked Potato w/ Sour Cream Fire Roasted Vegetables Honey Wheat Dinner Roll Vanilla Frosted Cake	Matzo Ball Apple Honey Chicken OR Crab Cakes with Tartar Sauce <i>Side Dishes:</i> Rice Pilaf Broccoli Florets Fire Roasted Vegetables Warm Apple Crisp	Turkey and Rice Smoked Spiral Ham OR Broiled Haddock <i>Side Dishes:</i> Au Gratin Potatoes Glazed Carrots Green Beans Chocolate Nut Brownie