



# September 2023 Menu Selections



					<i>Friday, September 1</i>	<i>Saturday, September 2</i>
					<b>BREAKFAST</b>	<b>BREAKFAST</b>
					Cream of Wheat Scrambled Eggs Toasted Bagels	Oatmeal Waffles Crispy Bacon
					<b>LUNCH</b>	<b>LUNCH</b>
					Crab Salad on a Roll Cucumber & Onion Salad  Stuffed Pepper Casserole  Dessert: Fresh Fruit	Roast Turkey Cornbread Stuffing Buttered Corn Cranberry Sauce  Vegetable Lasagna Green Beans  Dessert: Mandarin Oranges
					<b>DINNER</b>	<b>DINNER</b>
					Soup: Split Pea  Baked Mac & Cheese Stewed Tomato  Grilled Tuna Melt Tater Tots  Dessert: Diced Pears	Soup: Chicken Noodle  Swedish Meatballs Egg Noodles Bermuda blend  Chicken Salad on white Italian Tomato Onion Salad  Dessert: Boston Cream Pie



# September 2023 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>
<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 Eggs Toasted English muffin	Cinnamon Oatmeal Blueberry Pancakes Turkey Sausage Links	Cream of Wheat Cheese Omelet Coffee Cake	Cream of Wheat Texas French Toast Pork Sausage Links	Brown Sugar Oatmeal Westen Egg Bake Assorted Scones	Cream of Wheat Scrambled Eggs Toasted Bagels	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 Bolganase Sauce Garden mix  Egg Salad on Wheat Tossed Salad  Dessert: Fresh Fruit	Cheeseburger Coleslaw Macaroni Salad Corn on the Cob  Hot Dog Homemade Potato Salad Pickles  Dessert: Watermelon	Applekraut Pork Chops Candied Yams Capri Blend  Maryland Crab Cakes French Fries  Dessert: Fruited Jello	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 Potatos Italian Green Beans  Breaded Cod French Fries Coleslaw  Dessert: Fruit Cocktail	Garlic Butter Flounder Rice Pilaf Brussel Sprouts  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  Ham & Swiss on Rye  Dessert: Chocolate Cream Pie	Soup: Tomato Rice  Salmon Croquettes Buttered White Rice Green Beans  Personal Pan Pizza Tossed Salad  Dessert: Apple Upside-Down Cake	Soup: Vegetable Barley  Tuna Noodle Casseeerole Peas & Carrots  Broccoli Cheddar Quiche  Dessert: Brownie	Soup: Chicken Orzo  Hot Dog with Sauerkraut on a Bun Baked Beans  Cheeseburger on a Bun Dill Pickles  Dessert: Assorted Frozen yogurt	Soup: Pasta Fagirole  Macaroni & Cheese Stewed Tomato  Kielbsa & Sauerkraut Pierogies with Sour Cream  Dessert: Pound Cake	Soup: Lobster Bisque  Stuffed Shells Normandy Mix 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



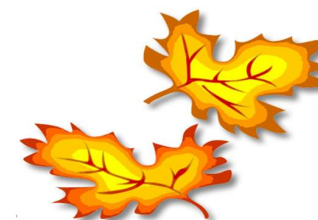
# September 2023 Menu Selections



Sunday, September 10	Monday, September 11	Tuesday, September 12	Wednesday, September 13	Thursday, September 14	Friday, September 15	Saturday, September 16
<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 Eggs Toasted English muffin	Cinnamon Oatmeal Buttermilk Pancakes Turkey Sausage Links	Cream of Wheat Cheese Omelet Hash Brown Patty	Cream of Wheat Texas French Toast Pork Sausage Links	Brown Sugar Oatmeal Sausage Egg Bake Corn muffin	Cream of Wheat Scrambled Eggs Toasted Bagels	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  Very Veggie Quiche  Dessert: Ambrosia	Chicken Adobo Jasmine Rice Diced Carrots  Pepperoni Pizza Tossed Salad  Dessert: Butterscotch Pudding	Herb Roasted Turkey Sage Bread Dressing Cream Style Corn  Salsibury Steak Mashed Potatoes  Dessert: Marble Cake	Meatloaf Chive Mashed Potatoes California Blend  Honey BBQ Chicken Wings Tator Tots  Dessert: Black forest Pudding	Cheese lasagna Rollup Alfredo Sauce Parslied Carrots French Bread  Swiss Steak  Dessert: Lemon Meringue Pie	Chicken Rice casserole Peas & Onions  Ham Salad on Wheat Beet & onion Salad  Dessert: Sugar Cookies	Cranberry Chicken Brown Rice Pilaf Brussel Sprouts  Cheese Quiche  Dessert: Pear Crisp
<b>DINNER</b>	<b>DINNER</b>	<b>DINNER</b>	<b>DINNER</b>	<b>DINNER</b>	<b>DINNER</b>	<b>DINNER</b>
Soup: Tomato Rice  Baked Fish With Lemon Spanish Rice Creamed Spinach  Turkey Burger Melt  Dessert: Ice Cream Sandwich	Soup: Cream of Celery  Sweet & Sour Pork Fried Rice Mandarin Stir Fry  General Tso's Chicken  Dessert: Tropical Fruit	Soup: Vegetable  Arroz con Pollo Italian Blend  Tuna Salad on Wheat Dill Potato Salad  Dessert: Fresh Fruit	Soup: Mushroom Barley  Stuffed Cabbage Fluffy Rice Peas & Carrots  Turkey Pot Pie  Dessert: Fruit Cocktail	Soup: Broccoli Cheddar  Turkey Almondine Fluffy Rice Meadow Blend  Philly Cheese Steak Coleslaw  Dessert: Diced Pears	Soup: Split Pea  Macaroni & Cheese Stewed Tomatoes  Baked Tilapia Brown Rice  Dessert: Tropical Fruit	Soup: Cream of Potato  Turkey Stew Biscuit  Kielbasa & Kraut Potato & Cheese Pierogies  Dessert: Cinnamon Applesauce

# September 2023

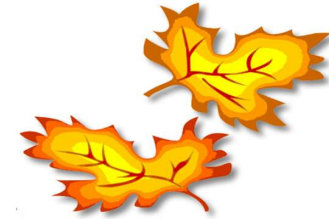
## Menu Selections



<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>
Cream of Wheat Scrambled Eggs Toasted English Muffin	Cinnamon Oatmeal Buttermilk Pancakes Turkey Sausage Links	Cream of Wheat Cheese Omelet Coffee Cake	Cream of Wheat Texas French Toast Pork Sausage Links	Brown Sugar Oatmeal Westen Egg Bake Assorted Scones	Cream of Wheat Scrambled Eggs Toasted Bagels	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>
Spaghetti & Meatballs Seasoned Green Beans  Breaded Cod Herbed Seasoned Orzo	Beef Stew Parslied Noodles Seasoned Green Beans  Cheese Ravioli Seasoned Green Beans	Pork Chops & Apples Sweet Potato Casserole Savory Carrots  Crab Cakes French Fries Savory Carrots	Garlic & Sage Chicken Thighs Angel Hair Pasta Winter Blend  Eggplant Parm Angel Hair Pasta Winter Blend	Beef Burgundy Chive Mashed Potates Seasoned Zucchini  Chicken Salad on wheat Beet & onion Salad	Sloppy Joe on Bun Prine edward  Salmon Croquettes Fluffy Rice Prine edward	BBQ Riblette on Bun Seasoned Broccoli  Cottage Cheese & Melon Dinner Roll
<b>Dessert:</b> Brownie	<b>Dessert:</b> Mandarian Oranges	<b>Dessert:</b> Vanilla Ice Cream	<b>Dessert:</b> Pumpkin Pie	<b>Dessert:</b> Poke Cake	<b>Dessert:</b> Lemon Meringue Pie	<b>Dessert:</b> Hot Cocoa Cake
<b>DINNER</b>	<b>DINNER</b>	<b>DINNER</b>	<b>DINNER</b>	<b>DINNER</b>	<b>DINNER</b>	<b>DINNER</b>
Soup: Egg Drop  Sweet & Sour Pork Fluffy Rice California Blend  Chef Salad Bowl	Soup: Turkey Rice  Italian Sausage Peppers Rosemary Garlic potoates Italian Blend  Tuna Melt	Soup: Beef Barley  Stuffed Shells Broccoli  Loaded Turkey Hoagie Three Bean Salad	Soup: Italian wedding  Tuna Noodle Casserole Peas & Mushrooms  Roast Beef & Cheddar Wrap w/ Horseradish Potato Salad	Soup: Chicken Noodle  Pepperoni Pizza Ceaser Salad w/ Dressing  Egg Salad/Macaroni Platter	Soup: Cabbage  Philly Cheese Steak Tater Tots Spinach Salad  Ham Salad on Wheat Spinach Salad	Soup: Tomato & Rice  Penne Pasta w/ meatsauce Italian Blend  Turkey Burger Sweet potato Fries
<b>Dessert:</b> Marbled Fruit Gelatin	<b>Dessert:</b> Strawberry Cream Pie	<b>Dessert:</b> Diced Pears	<b>Dessert:</b> Fresh Cantaloupe	<b>Dessert:</b> Orange Pineapple Jello	<b>Dessert:</b> Caramel Apple Slices	<b>Dessert:</b> Heavenly Hash



# September 2023 Menu Selections



Sunday, September 24	Monday, September 25	Tuesday, September 26	Wednesday, September 27	Thursday, September 28	Friday, September 29	Saturday, September 30
<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 Eggs Toasted English muffin	Cinnamon Oatmeal Buttermilk Pancakes Turkey Sausage Links	Cream of Wheat Cheese Omelet Hash Brown Patty	Cream of Wheat Texas French Toast Pork Sausage Links	Brown Sugar Oatmeal Sausage Egg Bake Corn muffin	Cream of Wheat Scrambled Eggs Toasted Bagels	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>
Chili With Beans Brown Rice Italian Green Beans Corn Bread  BBQ pork on a Bun Italian Green Beans  Dessert:	Honey Chicken Parslied Potatoes Creamed Spinach  Baked Tilapia Parslied Potatoes Creamed Spinach  Dessert: Pound Cake	Pesto Turkey Tri Color Rotini Italian Blend  Manicotti Italian Blend  Dessert: Coconut cream Pie	Beef Tips & Mushroom Gravy Fluffy Rice Green beans Oregano  Chef Salad Bowl  Dessert: Strawberry Cream Pie	Rosemary Chicken Ginger Whipped Sweet Potatoes Brussel Sprouts  Beef Ravioli Brussel Sprouts  Dessert: Apple Crisp	Beef Pot Roast Baked Potato California Blend  Turkey & Cheese Sandwich Three Bean salad  Dessert: Pumpkin Pie	Lemon Pepper Cod Brown Rice Sliced Dilled Carrots  Chicken Salad on Bun Tossed Salad W/ Dressing  Dessert: Poke Cake
<b>DINNER</b>	<b>DINNER</b>	<b>DINNER</b>	<b>DINNER</b>	<b>DINNER</b>	<b>DINNER</b>	<b>DINNER</b>
Soup: Cream OF Mushroom  Turkey Noodle Casserole Herbed Green beans Dinner Roll  Beef Patty melt Cucumber Dill Salad  Dessert: Chilled Peaches	Soup: Corn Chowder  Macaroni & Cheese Seasoned Bbroccoli  Chicken Tenders French Fries Broccoli  Dessert: Fruit Cocktail	Soup: Vegetable Barley  Shepards Pie Wheat dinner Roll  Italian Pork Wrap Italian Beets  Dessert: Oranges in Whipped Topping	Soup: Cream of Potato  Fish & Chips Coleslaw  Tuna Noodle Casserole Parslied Carrots  Dessert: Mandarian Oranges	Soup: Tomato Rice  Stuffed Bell Peppers Tuscan Potato Salad Wedge Salad  Grilled Cheese & Tomato  Dessert: Peaches & Cream	Soup: Hearty Vegetable  Sweet & Sour Pineapple Chicken Herbed Rice Chuckwagon Corn Crab Salad Sandwich Carrot Raisin Salad  Dessert: Assorted Jello	Soup: Vegetable Florentine  Philly Cheese steak Tator tots Italian Blend  Cottage Cheese & Pineapple Plate Muffin  Dessert: Diced Pears