



# September 2023

\* Noted items contain or may contain Pork



## Friday

Pasta Primavera **1**  
 WW Roll  
 Cottage Cheese  
 Sliced Peaches  
 Fruit Yogurt

## Tuesday

Taco Salad: **5**  
 Chips, Seasoned Beef,  
 Onions, Beans, Tomato,  
 Lettuce, Cheese  
 Mandarin Oranges  
 Dessert  
 MO: Omit meat, add beans

## Wednesday

Zucchini Bake: **6**  
 Sautéed Zucchini  
 Onion, Tomato baked  
 w Parm. Cheese  
 WW Bread *Birthdays  
 Gakol*  
 Fruit Cocktail  
 This is a meatless meal

## Thursday

Chicken with Gravy **7**  
 Mashed Potatoes  
 Diced Carrots  
 Sliced Apples  
 WW Bread  
 Dessert  
 MO: Beans & Rice

This is a Meatless Meal

Baked Ham \* **8**  
 Calico Beans  
 Cole Slaw  
 WW Dinner Roll  
 Pears  
 Dessert  
 MO: Stuffed Shell

Spaghetti **11**  
 W Meat Sauce  
 Cole Slaw  
 Garlic Bread  
 Diced Peaches  
 Dessert  
 MO: Soy Crumbles

Cold Sliced Turkey **12**  
 Sandwich  
 W Lettuce and Tomato  
 Broc. Cauliflower Salad  
 Sliced Apples  
 Dessert  
 MO: Hummus Salad

Chicken Corn Chowder **13**  
 & Biscuit  
 Summer Veg. Salad  
 Mandarin Oranges  
 Dessert  
 MO: No Chicken,  
 add Yogurt

Bratwurst \* **14**  
 w Saurkraut, WW Bun  
 Beans  
 Summer Vegetable Salad  
 Fruit Cocktail  
 Dessert  
 MO: Veggie Burger

Chicken Stir Fry **15**  
 w Vegetables  
 Brown Rice  
 Egg Rolls  
 Pineapple  
 Dessert  
 MO: Meatless Stir Fry

BBQ Pork Sandwich \* **18**  
 on WW Bun  
 Broccoli  
 Pears  
 Potato Salad  
 MO: Veggie Wrap  
 Dessert

Hot Shredded Beef **19**  
 on WW Hoagie  
 Mashed Potatoes  
 Broccoli Slaw  
 Peaches  
 Dessert  
 MO: Pasta Primavera

Chef's Salad \* **20**  
 W Ham and/or Turkey  
 Whole Wheat Roll  
 Grapes  
 Cookie  
 MO: Garbanzos for Meat

Stuffed Green Pepper **21**  
 w Seasoned Ground Beef,  
 Rice, Tomato Sauce  
 & Cheese  
 Corn, WW Rolls, Pears  
 Dessert  
 MO: No Beef, add Cheese

Breaded Fish Sandwich **22**  
 Whole Wheat Bun  
 w Lettuce & Tomato  
 Caesar Salad  
 Fruit Cocktail  
 Dessert  
 MO: Cheese Ravioli

Meatloaf with Gravy **25**  
 Mashed Potatoes  
 Green Beans  
 Whole Wheat Bread  
 Pineapple  
 Dessert  
 MO: Soy Patty

Chicken Alf. Pasta Bake **26**  
 w Broccoli  
 Garlic Bread  
 Carrots  
 Mandarin Oranges  
 Dessert  
 MO: Alfredo Pasta Bake

Fish Tacos **27**  
 Chipotle Slaw  
 Haricots Verts  
 Pineapple  
 Cottage Cheese  
 Dessert  
 MO: Beans & Rice

Swedish Meatballs **28**  
 Brown Rice  
 Bean Salad  
 Broccoli Slaw  
 Pears  
 Dessert  
 MO: Veggie Wrap

Baked Chicken **29**  
 Mashed Potatoes, Gravy  
 California Veg Mix  
 Wheat Bread  
 Apple Sauce  
 Dessert  
 MO: Veg. Casserole