

September 2017

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Italian Ravioli Romaine Garden Salad w/garbanzo beans Italian Blend Vegetable Italian Bread Fresh Blueberries
HDM Frozen Meals 4	Beef Pastie W/Gravy Spinach Romaine Salad Carrot Fingers Branchester Bread Cranberry Jello w/fresh fruit 5	Stuffed Cabbage Whipped Potatoes Cauliflower Italian Bread Pear Slices 6	Chicken with Cavatappi Pasta Broccoli Cuts Lettuce Romaine Spring Mix Whole Wheat Bread Banana 7	Kielbasa on bun Baked Beans Sauerkraut Marinated Carrot Salad Hot Dog Bun Red Apple 8
Chinese Beef Pepper Steak Oriental Blend Brown Rice Vegetable Slaw Italian Bread Golden Apple 11	Lasagna Tossed Salad Key West Vegetable Blend Whole Wheat Bread Apricots 12	Ham Low Sodium Scalloped Potatoes Peas and Carrots Whole Wheat Bread Pineapple Rings 13	Chicken Hawaiiian Glazed Vegetable Rice Pilaf Brussels Sprouts Whole Wheat Bread Fresh Strawberry/Raspberry fruit mix 14	Lemon Pepper Cod Au Gratin Potatoes Asparagus Cole Slaw W/Green Pepper 50/50 Roll Fruit Cocktail 15
Beef Stroganoff Romaine Garden Salad w/garbanzo beans Green Beans Egg Noodles Whole Wheat Bread Pear Slices 18	Turkey Breast W/Gravy Sweet Potatoes Savory Spinach Whole Wheat Bread Fruit Surprise 19	Stuffed Green Pepper Mashed Potatoes Carrot Fingers Italian Bread Cantaloupe & Honeydew 20	Spaghetti & Meatballs Lettuce Romaine Spring Mix Italian Blend Vegetable Italian Bread Peach Halves 21	Turkey Burger Grilled on Bun Lettuce Shredded Tomato Slices Santa Fe Salad Cookie Pear 22
Homestyle Macaroni & Cheese Baby Beets Spinach Romaine Salad Corn Muffin Citrus Fruit Cup 25	Salisbury Steak Baked Potato W/Sour Cream Roasted Brussel Sprouts Whole Wheat Bread Tanjulin 26	Chicken Cacciatore Whipped Potatoes Lettuce Romaine Spring Mix California Blend Potato Bread Healthy Fruit salad 27	Pork Chop Creole Red Skin Potatoes Zucchini Cole Slaw Potato Bread Applesauce 28	Chicken a la King Whipped Potatoes Spinach Romaine Salad Capri Blend Italian Bread Citrus Fruit Cup 29