

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

SEPTEMBER 2023



						BREAKFAST 1 EGGS, HAM, DANISH, APRICOTS LUNCH SALISBURY STEAK OR BASIL BAKED FISH, AU GRATIN POTATOES, BEETS, GARLIC BREAD, PUDDING SUPPER BISTRO SALAD W/ CHICKEN & CRACKERS OR HAM SALAD SANDWICH W/ CHIPS, PEA SALAD, FRUIT CUP		BREAKFAST 2 EGGS, SAUSAGE LINKS, PANCAKES, FRUIT COCKTAIL LUNCH SWEET & SOUR PORK OVER RICE OR CHICKEN STRIPS, FF, MIXED VEGS., BREAD, FROSTED CHERRY GELATIN SUPPER BEEF & CHEDDAR ON A BUN W/ CHIPS OR CREAMED TURKEY ON A BISCUIT, COLE SLAW, CARROTS, PEACH PUDDING SALAD	
BREAKFAST 3 EGGS, BACON, MUFFIN, APPLESAUCE LUNCH HOT BEEF SANDWICH OR CHICKEN SUPREME, MASHED POTATOES, SOUTHERN STYLE GREEN BEANS, BREAD, JELL-O CAKE SUPPER CALZONE OR HAMBURGER, MARINATED CUCUMBERS, BAKED BEANS, EASY FRUIT DESSERT	BREAKFAST 4 EGGS, SAUSAGE PATTY, TOAST & JELLY, PEARS LUNCH HERBED PORK OR SMOTHERED STEAK, AU GRATIN POTATOES, PEAS & CARROTS, BREAD, PUDDING PARFAIT SUPPER CREAMED TURKEY W/ BISCUIT OR BROCCOLI/CHEDDAR SOUP W/MEAT SA SANDWICH, ITALIAN VEGS., ICE CREAM Labor Day	BREAKFAST 5 EGGS, BACON, MUFFIN, PEARS LUNCH TURKEY PATTY OR BEEF AND NOODLES, BAKED POTATO, PEAS, BREAD, EASY CHERRY CAKE SUPPER CHEDDAR & HAM QUICHE OR CHICKEN STRIPS, HASH BROWNS, CORN, VANILLA FRUIT SALAD	BREAKFAST 6 EGGS, SAUSAGE LINKS, CINNAMON RAISIN TOAST, PEACHES LUNCH SALISBURY STEAK OR BAKED FISH, MACARONI & CHEESE, BUTTERED CARROTS, BREAD, FRUIT COBBLER SUPPER CHICKEN PATTY SANDWICH OR GOULASH, MARINATED CORN & BEAN SALAD, FRUIT, COOKIE	BREAKFAST 7 EGGS, HAM PATTY, TOAST, PINEAPPLES LUNCH FRIED CHICKEN OR PEPPERED SWISS STEAK, MASHED POTATOES, GRAVY, SPINACH, BREAD, STRAWBERRIES & BANANAS SUPPER PIZZA OR, TUNA SALAD SANDWICH, TOSSED SALAD, ICE CREAM	BREAKFAST 8 SAUSAGE GRAVY & BISCUITS, EGGS, APPLE SLICES LUNCH BAKED FISH OR BBQ CHICKEN, PARSLIED POTATOES, ROASTED SUMMER SQUASH, BREAD, EMERALD PEARS SUPPER SPANISH RICE W/ GROUND BEEF, BREAD OR POLISH DOG W/ FF, TOSSED SALAD, BAKED CUSTARD	BREAKFAST 9 EGGS, SAUSAGE LINK, TOAST & JELLY, MIXED FRUIT LUNCH BACON WRAPPED BEEF OR TURKEY TETRAZZINI, CREAMED POTATOES, PEAS, BREAD, STRAWBERRY SHORTCAKE SUPPER VEG. SOUP W/ EGG SANDWICH OR MEXICAN HAYSTACKS, CORN CHIPS, MIXED VEGS., ICE CREAM			
BREAKFAST 10 EGGS, SAUSAGE PATTY, CINNAMON ROLL, MANDARIN ORANGES LUNCH BAKED CHICKEN OR CABBAGE ROLL, MASHED POTS & GRAVY, SUMMER BLEND VEGS., DINNER ROLL, LAYERED PUDDING DESSERT SUPPER PIZZA & TOSSED SALAD OR REUBAN W/ CHIPS, FROSTED LIME DESSERT Grandparents Day	BREAKFAST 11 FRENCH TOAST, BACON, EGGS, APPLESAUCE LUNCH BAKED HAM OR PORCUPINE MEATBALLS, SCALLOPED POTATOES, MIXED VEGS, BREAD, CAKE SUPPER CHIX & NOODLE SOUP W/ GR. CH. OR OPENED FACED ROAST BEEF W/ MASHED POTS., GRAVY, CORN, COOKIE	BREAKFAST 12 PANCAKES, EGGS, SAUSAGE LINKS, PEACHES LUNCH PAPRIKA CHICKEN OR FISH SANDWICH, O'BRIEN POTATOES, STEWED TOMATOES, BREAD, BROWNIES SUPPER BEEF STROGANOFF W/BREAD OR CHEF SALAD W/ CRACKERS, MIXED VEG., HAWAIIAN FRUIT CUP	BREAKFAST 13 EGGS, HAM PATTY, MUFFIN, BANANA LUNCH SWISS STEAK OR ITALIAN HERBED CHICKEN, MASHED POTATOES, GRAVY, SPINACH, DINNER ROLL, SHERBET SUPPER CHICKEN ALA KING W/BISCUIT OR POTATO SOUP W/HAM SALAD SANDWICH, CARROTS, HEAVENLY HASH	BREAKFAST 14 FRENCH TOAST, BACON, EGGS, MANDARIN ORANGES LUNCH TURKEY OR PORK, GRAVY, BAKED SWEET POTATOES, GREEN BEAN PARMESAN, DINNER ROLL, BANANA SPLIT DESSERT SUPPER BBQ BEEF W/ POTATO SALAD OR ENCHILADA W/ REFRIED BEANS, CORN, FRUIT CUP	BREAKFAST 15 EGGS, SAUSAGE PATTY, MUFFIN, APRICOTS LUNCH CRISPY BAKED CHICKEN OR COD, POTATO SALAD, ZUCCHINI PARMESAN, RICE CRISPY BAR SUPPER 3 CHEESE QUICHE OR PASTA, BEEF & TOMATO CASSEROLE, TOSSED SALAD, COFFEE CAKE, AMBROSIA SALAD	BREAKFAST 16 EGGS, HAM, TOAST, MIXED FRUIT LUNCH CHEESEBURGER CASSEROLE OR PORK FRITTER, MASHED POTATOES, GRAVY, GREEN BEANS, BREAD, STRAWBERRY JELL-O SUPPER CLUB SANDWICH OR LASAGNA SOUP, W/GARLIC BREAD, CALIFORNIA BLEND VEGS., ORANGE SHERBET Oktoberfest Begins			
BREAKFAST 17 FRENCH TOAST, BACON, EGGS, MANDARIN ORANGES LUNCH HERBED PORK OR CHICKEN ALFREDO, BAKED POTATO, SPRING BLEND VEGS., DINNER ROLL, CHEESECAKE SUPPER MEATY BAKED PASTA OR POTATO SOUP W/MEAT SANDWICH, WINTER BLEND VEGS., BREAD, STRAWBERRY APPLESAUCE	BREAKFAST 18 SAUSAGE GRAVY & BISCUITS, EGGS, APPLESAUCE LUNCH POLLOCK CAPRESE OR CHOPPED STEAK W/ GRAVY, MASHED POTATOES, ITALIAN BLEND VEGS., BREAD, CC& PEACHES SUPPER HAM STRATA OR CREAMED CHICKEN W/ BISCUITS, SPANISH GREEN BEANS, BREAD, ICE CREAM	BREAKFAST 19 EGGS, SAUSAGE PATTY, BISCUITS, PEARS LUNCH YANKEE POT ROAST OR BBQ DRUMMIES, BOILED POTATOES, WINTER BLEND VEGS., BREAD, PIE SUPPER CHICKEN & PASTA OR GRILLED HAM & CHEESE, BEETS, BREAD, ICE CREAM	BREAKFAST 20 EGGS, HAM, TOAST, PEACHES LUNCH MEATLOAF OR CHUCKWAGON STEAK, HASH BROWN CASSEROLE, GRAVY, WINTER BLEND VEGS., BROWNIES SUPPER CRISPY CHICKEN SALAD OR HAMBURGER, BAKED BEANS, CUCUMBER & TOMATO SALAD, BLUSHING PEARS	BREAKFAST 21 PANCAKES, SAUSAGE LINKS, EGGS, PINEAPPLES LUNCH CHICKEN FRIED STEAK OR PORK, MASHED POTATOES, GRAVY, PEAS & CARROTS, BREAD, BANANA FILLED CAKE SUPPER HAM & NOODLE CASSEROLE OR TUNA SALAD SANDWICH, BROCCOLI, BREAD, PEACHES & CREAM DESSERT	BREAKFAST 22 EGGS, SAUSAGE PATTY, BANANA NUT MUFFIN, PINEAPPLES LUNCH SPAGHETTI OR BAKED FISH, TOSSED SALAD, GARLIC BREAD, POTATO WEDGES, CARROTS, ANGELFOOD CAKE SUPPER MINSTRONE SOUP W/ TUNA SANDWICH OR SUB SANDWICH, CHIPS, DEVILED EGGS, MYSTERY FRUIT SALAD	BREAKFAST 23 EGGS, SAUSAGE LINKS, RAISIN TOAST, FRUIT COCKTAIL LUNCH ITALIAN RANCH CHICKEN OR PEPPER BEEF, CREAMED POTATOES, SPINACH, BREAD, FRUIT CRISP SUPPER CHEF SALAD OR GRILLED TURKEY & SWISS, FF, FRUIT SALAD W/ POPPY SEED DRESSING, COOKIE Autumn Begins			
BREAKFAST 24 SAUSAGE, EGG AND CHEESE BISCUIT MANDARIN ORANGES LUNCH BEEF OR PORK, MASHED POTATOES W/ GRAVY, CAULIFLOWER, DINNER ROLL, REFRIGERATOR DESSERT SUPPER BEEF & NOODLES/ BREAD OR DELI SANDWICH, FF, CRISP BROCCOLI SALAD, COOKIE	BREAKFAST 25 FRENCH TOAST, SAUSAGE PATTY, EGGS, APPLESAUCE LUNCH HAM OR PEPPER STEAK W/ RICE, HASH BROWN CASSEROLE, MIXED VEGS., BREAD, BLONDIES SUPPER CHICKEN SALAD SANDWICH OR MINI CORN DOGS, TATOR TOTS, MEADOW BLEND VEGS., EMERALD PEARS	BREAKFAST 26 EGGS, SAUSAGE PATTY, BLUEBERRY MUFFIN, PEARS LUNCH CHICKEN CACCIATORE OR STUFFED GREEN PEPPER, BOILED POTATOES, GRAVY, BEETS, DINNER ROLL, BUTTERSCOTCH PUDDING SUPPER PHILLY STEAK SANDWICH OR MINI CORN DOGS, FF, COLESLAW, COOKIE	BREAKFAST 27 PANCAKES, SAUSAGE LINKS, EGGS, PEACHES LUNCH SWEDISH MEATBALLS OR PAPRIKA CHICKEN, PARSLIED POTATOES, BRUSSEL SPROUTS, BREAD, PEAR CHEESE SALAD, SHERBET SUPPER TURKEY CHEDDAR CASSEROLE OR POLISH DOG, BREAD, PEAS, PEAR CRUM	BREAKFAST 28 EGGS, BACON, TOAST, TROPICAL FRUIT LUNCH HAM W/ PINEAPPLES OR TURKEY, BAKED POTATO, GRAVY, GREEN BEAN CASS., BREAD, CHOCOLATE CHIP BAR SUPPER HAMBURGER OR CHICKEN & VEG. CASSEROLE, BREAD, CAULIFLOWER, 3 BEAN SALAD, STRAWBERRIES & BANANAS	BREAKFAST 29 EGGS, SAUSAGE LINKS, MUFFIN, APRICOTS LUNCH LEMON PEPPER FISH OR BBQ CHICKEN, PARSLIED POTATOES, WINTER BLEND VEGS., DINNER ROLL, CHERRY TORTE BAR SUPPER SLOPPY JOE OR TOMATO SOUP W/ GRILLED CHEESE, MACARONI SALAD, PEAS, COOKIE	BREAKFAST 30 EGGS, SAUSAGE PATTY, CINNAMON ROLL, FRUIT COCKTAIL LUNCH MEATLOAF OR PORK, MASHED POTATOES, GRAVY, ZUCCHINI PARMASAN, BREAD, BROWNIES SUPPER CHICKEN CEASAR SALAD OR BBQ RIBBITTES, GROOM SALAD, ITALIAN BLEND VEGS., PEARS			