

SEPTEMBER 2018

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| 3 | 4 | 5 | 6 | 7 |
| <u>LABOR DAY HOLIDAY</u> <u>CENTER CLOSED</u> | <u>BEEF LASAGNA</u> Whole Grain Roll Margarine Marinated Tomato Salad Fruit | <u>CHICKEN LO MEIN</u> Diced Chicken Breast Broccoli, Peppers, Peas Lo Mein Noodles Mandarin Oranges Fortune Cookie | <u>SPAGHETTI & MEAT SAUCE</u> Vegetable Blend Green Salad & Dressing Fresh Pineapple | <u>LEMON HERB COD</u> Quinoa Pilaf Asparagus Peaches ALT: DILL CHICKEN |
| 10 | 11 | 12 | 13 | 14 |
| <u>CHICKEN PARMESAN</u> Spaghetti Noodles Marinara Sauce Balsamic Green Beans Sliced Apples | <u>SALMON CROQUETTE</u> White Rice Sweet Peas Savory Cream Sauce Pears ALT: CHICKEN CROQUETTE | <u>SWEDISH MEATBALLS</u> Mashed Potatoes Green Beans Dinner Roll Margarine Fresh Fruit Salad | <u>ROAST TURKEY BREAST</u> Mashed Potatoes Gravy Herb-Buttered Mixed Vegetables Stuffing Fruit | <u>CHICKEN W/ CILANTRO PESTO</u> Steamed Brown Rice Shaved Brussels Sprouts Fruit Cocktail |
| 17 | 18 | 19 | 20 | 21 |
| <u>CHICKEN CASSEROLE</u> Egg Noodles Green Beans Celery Sticks & Ranch Fruit | <u>POT ROAST</u> Mashed Potatoes Gravy Buttered Carrots Dinner Roll Margarine | <u>BRAISED CHICKEN</u> French Roll Peppers and Onions Applesauce Asian Slaw Peach Crumble | <u>MACARONI & CHEESE</u> Peas and Carrots Hard Boiled Egg (on the side) Fresh Grapes | <u>CHICKEN PUTTANESCA</u> Tomato Sauce with Olives and Capers Creamy Polenta Asparagus Fruit Cup |
| 24 | 25 | 26 | 27 | 28 |
| <u>BEEF CHILI</u> Dirty Rice Creamed Corn Corn Muffin & Margarine Applesauce | <u>BREAKFAST SCRAMBLE</u> Turkey Sausage English Muffin Margarine Clementines | <u>BEEF MEATLOAF</u> Steamed Brown Rice Buttered Peas & Carrots Dinner Roll Margarine Fruit | <u>TURKEY SANDWICH</u> Whole Wheat Bun Mayonnaise Coleslaw Fruit | <u>HAMBURGER</u> Wheat Bun Ketchup & Mustard Cucumber Salad Roasted Potatoes Fruit |