

September 2023 Menu

WEEK 3

8/27 8/28 8/29 8/30 8/31 9/1 9/2

Regular						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast French Toast Bacon Oatmeal Cereal Cold Cereal of Choice Milk Coffee or Hot Tea Orange Juice	Breakfast Scrambled Eggs Oatmeal Cereal Cold Cereal of Choice Glazed Cinnamon Roll Milk Coffee or Hot Tea Orange Juice	Breakfast Biscuit Oatmeal Cereal Cold Cereal of Choice Hashbrown Milk Coffee or Hot Tea Orange Juice	Breakfast Scrambled Eggs Oatmeal Cereal Cold Cereal of Choice English Muffin Milk Coffee or Hot Tea Orange Juice	Breakfast Baked Cheese Omelet Oatmeal Cereal Cold Cereal of Choice Toast Milk Coffee or Hot Tea Orange Juice	Breakfast Buttermilk Pancakes w/Strawberry Topping Breakfast Ham Oatmeal Cereal Cold Cereal of Choice Milk Coffee or Hot Tea Orange Juice	Breakfast Western Scrambled Eggs Oatmeal Cereal Cold Cereal of Choice Toast Milk Coffee or Hot Tea Orange Juice
Lunch Country Fried Steak w/Cream Gravy Marinated Chicken Thigh Seasoned Spinach Green Peas Herbed Mashed Potatoes Buttered Rice Cornbread Stmore Pudding Parfait Coffee or Hot Tea	Lunch Dijon Pork Loin Salisbury Steak Broccoli Florets Sliced Carrots Scalloped Potatoes Buttered Noodles Dinner Roll/Bread Black Forest Cake Coffee or Hot Tea	Lunch Meat sauce w/ Honey Dijon Chicken Breast Caesar Salad Green Beans Mashed Potatoes Garlic Bread Deluxe Fruit Salad Coffee or Hot Tea	Lunch Herbed Turkey Cornflake Crusted Tilapia Fillet Country Vegetable Blend Sugar Snap Peas Mashed Potatoes Rice Pilaf Parsley Dinner Roll Double Chocolate Brownie Coffee or Hot Tea	Lunch Deluxe Macaroni & Cheese Hamburger Steak w/Grilled Onions Tomato Basil Salad Green Peas Mashed Potatoes Dinner Roll/Bread Sugar Cookie Coffee or Hot Tea	Lunch Shrimp Alfredo w/ Chicken Tenders Roasted Green Beans Zucchini & Onions Buttered Rice Garlic Bread Peach Shortcake Coffee or Hot Tea	Lunch Sweet & Sour Chicken Glazed Baked Pork Chop Sugar Snap Peas Sliced Carrots Fried Rice Mashed Potatoes Dinner Roll/Bread Vanilla Ice Cream Coffee or Hot Tea
Dinner Thin Crust Cheese Pizza Turkey Burger on a Bun Parmesan Baked Zucchini Green Beans Potato Wedges Dinner Roll/Bread Apple Crisp Milk Coffee or Hot Tea	Dinner BBQ Pulled Chicken Sandwich Cheese Quesadilla Confetti Coleslaw Sautéed Asparagus Cuts Tater Tots Steamed Rice Seedless Watermelon Cubes Milk Coffee or Hot Tea	Dinner Tuna Melt Sandwich Hamburger on a Bun Buttered Green Peas Squash Medley Potato Wedges Parsley Noodles Orange Sherbet Milk Coffee or Hot Tea	Dinner Italian Sausage Cheese Quiche Broccoli Florets Sautéed Spinach w/Garlic Parmesan Noodles Dinner Roll/Bread Chilled Peas Milk Coffee or Hot Tea	Dinner Rancher's Chicken Thigh Garlic Baked Pork Chop Sliced Carrots Sautéed Asparagus Cuts Oven Browned Potatoes Rice Pilaf Dinner Roll/Bread Fruit Cocktail Milk Coffee or Hot Tea	Dinner Hot Dog on a Bun Egg Salad Sandwich Calico Coleslaw Marinated Mixed Vegetable Salad Potato Chips Mandarin Oranges Milk Coffee or Hot Tea	Dinner Philly Cheesesteak Sandwich Smothered Turkey Patty Tossed Salad w/Dressing Capri Vegetable Blend French Fries Parsley Noodles Dinner Roll/Bread Summer Fresh Fruit Cup Milk Coffee or Hot Tea

WEEK 4

9/3

9/4

9/5

9/6

9/7

9/8

9/9

Regular		Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
Scrambled Eggs Oatmeal Cereal Cold Cereal of Choice Blueberry Muffin Milk Coffee or Hot Tea Orange Juice	French Toast Sausage Patty Oatmeal Cereal Cold Cereal of Choice Milk Coffee or Hot Tea Orange Juice	Scrambled Eggs w/Cheese Oatmeal Cereal Cold Cereal of Choice Biscuit Milk Coffee or Hot Tea Orange Juice	Buttermilk Pancakes Bacon Oatmeal Cereal Cold Cereal of Choice Milk Coffee or Hot Tea Orange Juice	Egg & Hashbrown Bake Oatmeal Cereal Cold Cereal of Choice Toast Milk Coffee or Hot Tea Orange Juice	Scrambled Eggs Oatmeal Cereal Cold Cereal of Choice Peach Streusel Coffee Cake Milk Coffee or Hot Tea Orange Juice	Baked Cheese Omelet Breakfast Ham Oatmeal Cereal Cold Cereal of Choice Toast Milk Coffee or Hot Tea Orange Juice	Baked Cheese Omelet Breakfast Ham Oatmeal Cereal Cold Cereal of Choice Toast Milk Coffee or Hot Tea Orange Juice	Baked Cheese Omelet Breakfast Ham Oatmeal Cereal Cold Cereal of Choice Toast Milk Coffee or Hot Tea Orange Juice
Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
Egg Salad Sandwich Tuna Salad Sandwich Tomato Basil Salad Broccoli Salad Creamy Dill Macaroni Salad Potato Chips Hearty Vegetable Soup Butterscotch Pudding Coffee or Hot Tea	Chicken Cottage Pie Rancher's Pork Chop Sliced Glazed Carrots Seasoned Green Beans Buttered Rice Dinner Roll/Bread Marble Cake w/White Frosting Coffee or Hot Tea	Honey Glazed Sliced Ham Salisbury Steak Spinach Au Gratin Capri Vegetable Blend Baked Sweet Potatoes Parmesan Noodles Dinner Roll/Bread Summer Fresh Fruit Cup Coffee or Hot Tea	Cheese Ravioli w/Marinara Sauce Ham Sandwich Caesar Salad Marinated Cucumber & Onion Salad Potato Salad Garlic Bread Mandarin Oranges Coffee or Hot Tea	Beef Pepper Steak w/Gravy Grilled Cheese Sandwich Broccoli Florets Sugar Snap Peas Mashed Potatoes Parsley Rice Dinner Roll/Bread Chocolate Cream Pie Coffee or Hot Tea	Herb & Lemon Tilapia Fillet Hamburger Steak w/Grilled Onions Steamed Asparagus Cuts Sliced Parsley Carrots Rice Pilaf Roasted Red Skin Potatoes Parsley Dinner Roll Snickerdoodle Cookie Coffee or Hot Tea	Grilled Turkey & Cheese Sandwich Italian Sausage Creamy Cucumber & Onion Salad Broccoli Florets French Fries Egg Noodles Dinner Roll/Bread Pineapple Tidbits Coffee or Hot Tea	Grilled Turkey & Cheese Sandwich Italian Sausage Creamy Cucumber & Onion Salad Broccoli Florets French Fries Egg Noodles Dinner Roll/Bread Pineapple Tidbits Coffee or Hot Tea	Grilled Turkey & Cheese Sandwich Italian Sausage Creamy Cucumber & Onion Salad Broccoli Florets French Fries Egg Noodles Dinner Roll/Bread Pineapple Tidbits Coffee or Hot Tea
Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
Garlic Herbed Pork Loin BBQ Chicken Thigh Seasoned Cabbage Whole Kernel Corn (veg) Garlic Roasted Red Skin Potatoes Buttered Rice Dinner Roll/Bread Apple Crisp Milk Coffee or Hot Tea	Cheeseburger on a Bun Breaded Fish on a Bun Confiti Coleslaw Roasted Garlic Squash Tater Tots Buttered Noodles Tropical Fruit Salad Milk Coffee or Hot Tea	Rotisserie Chicken Thigh Cheese Quiche Green Peas Marinated Tomato & Onion Salad Garlic Potato Wedges Dinner Roll/Bread Blondie Milk Coffee or Hot Tea	Breaded Fish on a Bun Smothered Turkey Patty Squash Medley Whole Kernel Corn (veg) Oven Browned Potatoes Seasoned Rice Dinner Roll/Bread Vanilla Glazed Angel Food Cake Milk Coffee or Hot Tea	BBQ Pork Platter Chicken Tenders Seasoned Green Beans Sautéed Spinach Baked Beans Buttered Noodles Cornbread Sliced Peas Milk Coffee or Hot Tea	Chicken Salad Sandwich on a Croissant Thin Crust Cheese Pizza Green Pea Salad Country Vegetable Blend Potato Chips Dinner Roll/Bread Chilled Peach Parfait Milk Coffee or Hot Tea	Meatballs w/Marinara Sauce Cheese Quesadilla Parmesan Baked Zucchini Sugar Snap Peas Yellow Rice Garlic Bread Chocolate Ice Cream Milk Coffee or Hot Tea	Meatballs w/Marinara Sauce Cheese Quesadilla Parmesan Baked Zucchini Sugar Snap Peas Yellow Rice Garlic Bread Chocolate Ice Cream Milk Coffee or Hot Tea	Meatballs w/Marinara Sauce Cheese Quesadilla Parmesan Baked Zucchini Sugar Snap Peas Yellow Rice Garlic Bread Chocolate Ice Cream Milk Coffee or Hot Tea

WEEK 1

9/10

9/11

9/12

9/13

9/14

9/15

9/16

Regular						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
Scrambled Eggs Oatmeal Cereal Cold Cereal of Choice Glazed Cinnamon Roll Milk Coffee or Hot Tea Orange Juice	Bananas Foster French Toast Sausage Patty Oatmeal Cereal/ Cold Cereal of Choice Milk Coffee or Hot Tea Orange Juice	Baked Cheese Omelet Oatmeal Cereal Cold Cereal of Choice English Muffin Milk Coffee or Hot Tea Orange Juice	Biscuit Oatmeal Cereal Cold Cereal of Choice Hashbrown Milk Coffee or Hot Tea Orange Juice	Scrambled Eggs Oatmeal Cereal Cold Cereal of Choice Streusel Coffee Cake Milk Coffee or Hot Tea Orange Juice	Western Scrambled Eggs Oatmeal Cereal Cold Cereal of Choice Toast Milk Coffee or Hot Tea Orange Juice	Buttermilk Pancakes Bacon Oatmeal Cereal Cold Cereal of Choice Milk Coffee or Hot Tea Orange Juice
Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
BBQ Pork Loaf Hamburger Steak w/Grilled Onions Country Vegetable Blend Seasoned Spinach Baked Beans Mashed Potatoes Cornbread Strawberry Shortcake Coffee or Hot Tea	Turkey & Cheese Hoagie Cheese Quiche Marinated Cucumber & Tomato Salad Green Pea Salad Macaroni Salad Dinner Roll/Bread Summer Fresh Fruit Cup Coffee or Hot Tea	Marinated Chicken Thigh Meatballs w/Gravy Sugar Snap Peas Broccoli Florets Oven Browned Potatoes Seasoned Rice Dinner Roll/Bread Chocolate Chip Cookie Coffee or Hot Tea	Homestyle Meatloaf w/Ketchup Glaze Thyme Chicken Breast Honey Roasted Carrots Squash Medley Duchess Mashed Potatoes Buttered Rice Poppy Seed Dinner Roll Lemon Bar Coffee or Hot Tea	Cheese Lasagna Egg Salad Sandwich Caesar Salad Marinated Green Bean Salad Potato Salad Garlic Bread Fruit Cocktail Coffee or Hot Tea	Cornflake Crusted Tilapia Fillet Smothered Steak Buttered Green Peas Seasoned Spinach Macaroni & Cheese Mashed Potatoes Dinner Roll/Bread Sour Cream Orange Cake Coffee or Hot Tea	Roast Turkey BBQ Pork Chop Steamed Broccoli Florets w/Lemon Sliced Carrots Rice Pilaf Baked Sweet Potatoes Dinner Roll/Bread Cherry Cheesecake Bar Coffee or Hot Tea
Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
Chicken Tenders Lemon Pepper Tilapia Fillet Tossed Salad w/Dressing Capri Vegetable Blend French Fries Parsley Rice Dinner Roll/Bread Pear Crisp Milk Coffee or Hot Tea	Country Fried Steak w/Mushroom Gravy Garlic Baked Pork Chop Sautéed Green Beans Buttered Whole Kernel Corn (Veg) Mashed Potatoes Parsley Noodles Dinner Roll/Bread Vanilla Ice Cream Milk Coffee or Hot Tea	Shrimp Scampi Thin Crust Cheese Pizza Roasted Zucchini Sautéed Spinach w/Garlic Spaghetti Noodles Italian Herbed Dinner Roll Chilled Peach Parfait Milk Coffee or Hot Tea	Ham & Swiss Sandwich on Wheat Tuna Salad Sandwich Green Pea Salad Marinated Tomato & Onion Salad Potato Chips Macaroni Salad Seedless Watermelon Cubes Milk Coffee or Hot Tea	Rancher's Chicken Breast Italian Sausage Sautéed Asparagus Cuts Broccoli Florets Baked Potato Parsley Noodles Dinner Roll/Bread Double Chocolate Brownie Milk Coffee or Hot Tea	Hot Dog on a Bun Grilled Cheese Sandwich Confetti Coleslaw Sugar Snap Peas French Fries Chilled Pears Milk Coffee or Hot Tea	Meatball Sub Sandwich Breaded Chicken on a Bun Seasoned Green Beans Zucchini Potato Wedges Buttered Noodles Tropical Fruit Salad Milk Coffee or Hot Tea

WEEK 2

9/17

9/18

9/19

9/20

9/21

9/22

9/23

Regular

Regular	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
Scrambled Eggs	French Toast	Scrambled Eggs	Egg & Hashbrown	Buttermilk Pancakes	Scrambled Eggs	Baked Cheese Omelet	Baked Cheese Omelet
Cold Cereal of Choice	Sausage Patty	w/Cheese Oatmeal Cereal	Oatmeal Cereal	Bacon Oatmeal Cereal	Oatmeal Cereal	Cold Cereal of Choice	Breakfast Ham
Blueberry Muffin	Oatmeal Cereal	Cold Cereal of Choice	Cold Cereal of Choice	Cold Cereal of Choice	English Muffin	English Muffin	Oatmeal Cereal
Milk	Cold Cereal of Choice	Biscuit	Toast	Milk	Milk	Milk	Cold Cereal of Choice
Coffee or Hot Tea	Milk	Coffee or Hot Tea	Coffee or Hot Tea	Coffee or Hot Tea	Coffee or Hot Tea	Coffee or Hot Tea	Toast
Orange Juice	Coffee or Hot Tea	Orange Juice	Orange Juice	Orange Juice	Orange Juice	Orange Juice	Milk
	Orange Juice						Coffee or Hot Tea
							Orange Juice
Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
Fried Chicken	Hawaiian Baked Ham	Hamburger on a Bun	Encrusted Pork Loih	Chicken Soft Taco	Lemon Butter Baked	Classic Baked Ziti	Classic Baked Ziti
Herb & Lemon Tilapia	Herbed Chicken Breast	Tuna Salad Sandwich	Smothered Turkey Patty	w/Flour Tortilla	Tilapia Filler	Hamburger on a Bun	Hamburger on a Bun
Country Vegetable Blend	Sauteed Spinach	Confetti Coleslaw	Braised Cabbage	Garlic Baked Pork Chop	Chicken Tenders	Tossed Salad	Tossed Salad
Green Peas	w/Garlic Sliced Carrots	French Fries	Zucchini & Onions	Mexican Corn (veg)	Roasted Green Beans	w/Dressing	w/Dressing
Ranch Style Potato Wedges	Whipped Sweet Potatoes	Garden Pasta Salad	Oven Browned Potatoes	Sugar Snap Peas	Seasoned Spinach	French Fries	Green Pea Salad
Egg Noodles	Parsley Noodles	Oatmeal Raisin Cookie	Parmesan Noodles	Cilantro Rice	Rice Pilaf	Mashed Potatoes	French Fries
Cornbread	Dinner Roll/Bread	Coffee or Hot Tea	Dinner Roll/Bread	Dinner Roll/Bread	Dinner Roll/Bread	Lemon Glazed Angel Food Cake	Italian Herbed Dinner Roll
Banana Cream Pie	Pineapple Tidbits		Mandarin Oranges	Seedless Watermelon Cubes		Coffee or Hot Tea	Cinnamon Brown Sugar Blondie
Coffee or Hot Tea	Coffee or Hot Tea		Coffee or Hot Tea	Coffee or Hot Tea			Coffee or Hot Tea
Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
Beef Stir Fry w/Vegetables	Egg Salad Sandwich on Croissant	Chicken Parmesan w/ Parsley Pork Chop	Breaded Fish on a Bun	Salisbury Steak	Grilled Turkey & Cheese Sandwich	Rotisserie Chicken	Rotisserie Chicken
Cheese Ravioli	Hamburger Steak	Herbed Green Beans	Marinated Chicken Thigh	Squash Medley	Rancher's Pork Chop	Thigh	Thigh
w/Marinara Sauce	w/Grilled Onions	Sugar Snap Peas	Peas & Carrots	Country Vegetable Blend	Broccoli Florets	Cheese Quesadilla	Cheese Quesadilla
Tossed Salad	Marinated Tomato & Onion Salad	Mashed Potatoes	Seasoned Spinach	Au Gratin Potatoes	Steamed Asparagus	Sliced Glazed Carrots	Sliced Glazed Carrots
w/Dressing	Squash Medley	Garlic Bread	Tater Tots	Dinner Roll/Bread	Potato Wedges	Whole Kernel Corn (veg)	Whole Kernel Corn (veg)
Steamed Rice	Creamy Dill	Fruit Cocktail	Herbed Rice	Butterscotch	Herbed Noodles	Oven Browned Potatoes	Oven Browned Potatoes
Dinner Roll/Bread	Macaroni Salad	Milk	Dinner Roll/Bread	Pudding Parfait	Dinner Roll/Bread	Steamed Rice	Steamed Rice
Summer Fresh Fruit Cup	Seasoned Rice	Coffee or Hot Tea	Chocolate Ice Cream	Milk	Tropical Fruit Salad	Dinner Roll/Bread	Dinner Roll/Bread
Milk	Dinner Roll/Bread		Coffee or Hot Tea	Coffee or Hot Tea	Milk	Chilled Peaches	Chilled Peaches
Coffee or Hot Tea	Savory Summer Soup		Coffee or Hot Tea	Coffee or Hot Tea	Coffee or Hot Tea	Milk	Milk
	Chocolate Cake w/ Peanut Butter Frosting					Coffee or Hot Tea	Coffee or Hot Tea
	Milk						
	Coffee or Hot Tea						

ALWAYS AVAILABLE SPRING/ SUMMER
2023

1. PEANUT BUTTER &
JELLY SANDWICH

2. COTTAGE CHEESE AND
FRUIT PLATE

3. GRILLED CHEESE
SANDWICH

MADE TO ORDER AND MAY
TAKE SEVERAL
MINUTES TO ARRIVE