

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

# September 2022

## MONTHLY MENU

				<p><b>LUNCH</b> 1</p> <p>Taco Bar Steak or Chicken Tacos Spanish Rice Refried Beans Fresh Fruit</p> <p><b>DINNER</b></p> <p>Baked Chicken Baked Sweet Potatoes Mixed Veggies Tapioca Pudding</p>	<p><b>LUNCH</b> 2</p> <p>Reuben Sandwich Coleslaw Marble Cake</p> <p><b>DINNER</b></p> <p>Stuffed Manicotti Garlic Bread Steamed Carrots Ambrosia Salad</p>	<p><b>LUNCH</b> 3</p> <p>Pot Roast Mashed Potatoes Mixed Veggies</p> <p><b>DINNER</b></p> <p>Grilled Ham &amp; Cheese Cucumber and Tomato Salad Chocolate Mousse</p>
<p><b>LUNCH</b> 4</p> <p>Breaded Fish Confetti Rice Steak Carrots Mable Cake</p> <p><b>DINNER</b></p> <p>Chef's Salad Dinner Roll Banana Toffy</p>	<p><b>LABOR DAY BBQ LUNCH</b> 5</p> <p>BBQ Chicken Macaroni Salad and Coleslaw Watermelon</p> <p><b>DINNER</b></p> <p>Glazed Meatloaf Mashed Potatoes Steamed Broccoli Banana Cake</p> <p>Labor Day</p>	<p><b>LUNCH</b> 6</p> <p>Crab Cakes Caesar Salad Fruit Jell-O</p> <p><b>DINNER</b></p> <p>Baked Ziti Garlic Bread Chocolate Cake</p>	<p><b>LUNCH</b> 7</p> <p>Hawaiian BBQ Meatballs Steamed Rice Oriental Vegetables Pineapple Cake</p> <p><b>DINNER</b></p> <p>Baked Fish Roasted Potatoes Brussel Sprouts</p>	<p><b>LUNCH</b> 8</p> <p>Pepperoni Pizza Cesar Salad Fresh Fruit Strawberry Mousse</p> <p><b>DINNER</b></p> <p>Blackened Fish Herbed Rice Zucchini, Squash Pudding</p>	<p><b>LUNCH</b> 9</p> <p>Chicken Marsala Mashed Potatoes Vegetables Fresh Fruit</p> <p><b>DINNER</b></p> <p>Mac &amp; Cheese Steamed Broccoli Garlic Bread Strawberry Mousse</p>	<p><b>LUNCH</b> 10</p> <p>Cheese Blintzes Waldorf Salad Carrot Cake</p> <p><b>DINNER</b></p> <p>Beef Tacos Spanish Rice Refried Beans Churros</p>
<p><b>LUNCH</b> 11</p> <p>Baked Salmon Baked Potato Broccoli Fruit Cobbler</p> <p><b>DINNER</b></p> <p>Veggie Quesadilla Spanish Rice Refried Beans Ice Cream</p> <p>Grandparents Day</p>	<p><b>LUNCH</b> 12</p> <p>BBQ Chicken Roasted Potatoes Broccoli &amp; Cauliflower</p> <p><b>DINNER</b></p> <p>Apple Cake Turkey Wrap Potato Chips Slice of Watermelon</p>	<p><b>LUNCH</b> 13</p> <p>Veggie Quiche Garden Salad Chef's Dessert</p> <p><b>DINNER</b></p> <p>Chicken Cacciatore Egg Noodles Mixed Veggies Jell-O Cake</p>	<p><b>LUNCH</b> 14</p> <p>Roasted Pork Country Stuffing Mixed Veggies Honey Cake</p> <p><b>DINNER</b></p> <p>Classic Spaghetti Broccoli Garlic Bread Coffee Cake</p>	<p><b>LUNCH</b> 15</p> <p>Sweet &amp; Sour Pork Baked Potatoes Steamed Broccoli Assorted Fruit</p> <p><b>DINNER</b></p> <p>Spaghetti Marinara Steamed Carrots Garlic Bread</p>	<p><b>LUNCH</b> 16</p> <p>Turkey Melt Coleslaw Baked Beans Ambrosia Salad</p> <p><b>DINNER</b></p> <p>Stuffed Cabbage Mashed Potatoes Fresh Fruit Chef's Dessert</p>	<p><b>LUNCH</b> 17</p> <p>White Fish Garden Rice Zucchini Peach Cake</p> <p><b>DINNER</b></p> <p>Salami Swiss Sandwich Potato Chips Fresh Fruit Oktoberfest</p>
<p><b>LUNCH</b> 18</p> <p>Grilled Ham &amp; Cheese Fresh Pickles Assorted Fruit</p> <p><b>DINNER</b></p> <p>Grilled Chicken Garden Salad Fresh Roll Ice Cream</p>	<p><b>LUNCH</b> 19</p> <p>Stuffed Bell Peppers Peas &amp; Carrots Dinner Roll Tres Leches Cake</p> <p><b>DINNER</b></p> <p>Egg Salad Croissant Potato Chips Fresh Fruit Jell-O</p>	<p><b>LUNCH</b> 20</p> <p>Sloppy Joes Coleslaw Fresh Fruit Banana Cake</p> <p><b>DINNER</b></p> <p>Tilapia Sweet Potatoes Green Beans Cream Puffs</p>	<p><b>LUNCH</b> 21</p> <p>Beef &amp; Broccoli Steamed Rice Apple Cake</p> <p><b>DINNER</b></p> <p>Ranch Chicken Wrap Tomato and Cucumber Salad Fresh Fruit Bread Pudding</p>	<p><b>LUNCH</b> 22</p> <p>Chicken Quesadilla Rice and Beans Fresh Fruit Tres Leches</p> <p><b>DINNER</b></p> <p>Shepherd's Pie Dinner Roll Fresh Fruit Ice Cream</p> <p>Autumn Begins</p>	<p><b>LUNCH</b> 23</p> <p>Fish &amp; Chips Side Salad Watermelon</p> <p><b>DINNER</b></p> <p>Swedish Meatballs Mashed Potatoes Carrots, Cauliflower Pudding</p>	<p><b>LUNCH</b> 24</p> <p>Loaded Street Beef Dogs Onion Rings Potato Salad</p> <p><b>DINNER</b></p> <p>Mushroom &amp; Sausage Flatbread w/ Ricotta Classic Caesar Salad</p>
<p><b>LUNCH</b> 25</p> <p>Normandy Chicken Sweet Potatoes, Brussel Sprouts Fruit Jell-o</p> <p><b>ROSH HASHANAH DINNER</b></p> <p>Round Raisin Challah Sweet Potato Soup Apple Mint Salad with Lime Vinaigrette Pomegranate Braised Brisket, Honey Cake</p> <p>Rosh Hashanah Begins</p>	<p><b>LUNCH</b> 26</p> <p>Egg Salad Croissant Cucumber tomatoes salad Slice of Watermelon</p> <p><b>ROSH HASHANAH DINNER</b></p> <p>Butternut Squash Soup Carrot and Prune Tzimmes Salad Pomegranate Rosemary Salmon Apple Noodle Kugel Apple Cinnamon Pie a la Mode</p> <p>Rosh Hashanah</p>	<p><b>LUNCH</b> 27</p> <p>Grilled Cheese Sandwich Three Bean Salad Fresh Fruit</p> <p><b>DINNER</b></p> <p>Chicken Cacciatore Mashed Potatoes Steamed Broccoli Carrot Cake</p> <p>Rosh Hashanah</p>	<p><b>LUNCH</b> 28</p> <p>Garlic Buttered Roasted Salmon Boiled Potatoes Green Beans Banana Mousse</p> <p><b>DINNER</b></p> <p>Eggplant Parmesan Steak Carrots Garlic Bread Marbled Strudel</p>	<p><b>LUNCH</b> 29</p> <p>Hot Dogs Coleslaw Fresh Fruit</p> <p><b>DINNER</b></p> <p>Stuffed Manicotti Broccoli &amp; Carrots Garlic Bread Orange Cake</p>	<p><b>LUNCH</b> 30</p> <p>White Fish Garden Rice Zucchini Peach Cake</p> <p><b>DINNER</b></p> <p>Turkey Wrap Potato Chips Slice of Watermelon</p>	