



# SEPTEMBER MENU 2021



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
		<p>1 <b>Breakfast</b> Maypo, Pancakes &amp; Syrup, Bacon  <b>Lunch</b> Italian Sausage, Couscous Salad, Watermelon  <b>Dinner</b> Cheese Ravioli w/Tomato Sauce, Roasted Eggplant</p>	<p>2 <b>Breakfast</b> Banana, Oatmeal, Vegetable Quiche  <b>Lunch</b> Creole Meatballs Rice Pilaf, Green Beans  <b>Dinner</b> Chicken Tortilla Casserole, Summer Squash</p>	<p>3 <b>Breakfast</b> Cream of Rice, Pancakes w/Apple Compote, Sausage  <b>Lunch</b> Baked Haddock, Asparagus, Baked Potato  <b>Dinner</b> Pizza, Cucumber Salad</p>	<p>4 <b>Breakfast</b> Watermelon, Cream of Wheat, Egg and Cheese Croissant  <b>Lunch</b> Turkey Florentine w/Supreme Sauce, Baked Sweet Potato  <b>Dinner</b> Egg Salad Sandwich, Lettuce &amp; Tomato, Cous Cous Salad</p>	<p>5 <b>Breakfast</b> Oatmeal, Egg &amp; Vegetable Soufflé, Toast  <b>Lunch</b> Roast Pork w/Apple Sauce, Red Skin Potatoes, Carrots, Applesauce  <b>Dinner</b> Chicken Tenders, Tater Tots, Marinated Vegetables</p>	
<p>6 <b>Breakfast</b> Maypo, Banana Pancakes, Bacon  <b>Lunch</b> Chicken Marsala, Oven Browned Potatoes, Green Beans  <b>Dinner</b> Pasta Alfredo w/Cheese, Italian Blend Vegetables, Garlic Bread</p>	<p>7 <b>Breakfast</b> Cream of Rice, Scrambled Egg w/Baked Ham  <b>Lunch</b> Stuffed Cabbage, Mashed Potatoes  <b>Dinner</b> Roast Turkey on Toast Points w/Gravy, Squash, Cranberry Sauce</p>	<p>8 <b>Breakfast</b> Oatmeal, Hash Brown Potatoes, Hard Boiled Egg  <b>Lunch</b> BBQ Beef, Tangy Creamy Potato Salad, Superslaw  <b>Dinner</b> Broccoli Cheddar Quiche, Fruit Salad</p>	<p>9 <b>Breakfast</b> Cream of Wheat, French Toast, Bacon  <b>Lunch</b> Veal Milanese, Prince Edward Blend Vegetables, Mashed Potatoes  <b>Dinner</b> Chicken Tempora, Brown Rice, Vegetable Blend</p>	<p>10 <b>Breakfast</b> Maypo, Bacon &amp; Cheese Quiche  <b>Lunch</b> Baked Haddock, Italian Blend Vegetables, Sweet Potato  <b>Dinner</b> Meatloaf w/Gravy, Mashed Potatoes, Vegetable of the Day</p>	<p>11 <b>Breakfast</b> Oatmeal, Pancakes  <b>Lunch</b> Hot Dog in a Roll, Baked Beans, Pickled Beets  <b>Dinner</b> Lemon Sage Chicken Thighs, Baby Carrots, Parsley Potatoes</p>	<p>12 <b>Breakfast</b> Cream of Rice, Cheesy Egg Scramble, Toast  <b>Lunch</b> London Broil, Brussel Sprouts, Couscous  <b>Dinner</b> Macaroni &amp; Cheese, Spanish Green Beans</p>	
<p>13 <b>Breakfast</b> Oatmeal, Pancake, Bacon  <b>Lunch</b> Shepherd's Pie, Corn Muffin  <b>Dinner</b> Tuna Salad Plate, Lettuce &amp; Tomato, Super Slaw, Roll</p>	<p>14 <b>Breakfast</b> Honeydew Melon, Cream of Wheat, Hard Boiled Egg, Donut  <b>Lunch</b> Lemon Chicken, Oven Browned Potatoes, Asparagus  <b>Dinner</b> Haddock Florentine, Carrots,</p>	<p>15 <b>Breakfast</b> Oatmeal, Western Soufflé, Hash Brown Potatoes  <b>Lunch</b> Hamburger or Cheeseburger, Peppers &amp; Onions, Bowtie Pasta Salad  <b>Dinner</b> Sweet &amp; Sour Pork, Asian Vegetables, Brown Rice</p>	<p>16 <b>Breakfast</b> Banana, Cream of Rice, French Toast, Bacon  <b>Lunch</b> Roast Turkey Dinner, Butternut Squash, Mashed Potato, Stuffing, Cranberry Sauce  <b>Dinner</b> Chicken Salad In A Hot Dog Roll, Watermelon Feta Salad, Potato Salad</p>	<p>17 <b>Breakfast</b> Maypo, Ham &amp; Cheese Egg Croissant  <b>Lunch</b> Baked Haddock, Rice Pilaf, Broccoli  <b>Dinner</b> Macaroni &amp; Cheese, Stewed Tomatoes</p>	<p>18 <b>Breakfast</b> Cream of Wheat, Cheesy Scramble, Toast  <b>Lunch</b> Hot Dogs, Baked Beans, Coleslaw, Brown Bread  <b>Dinner</b> Seafood Salad On A Bed Of Lettuce, Asparagus Tomato Salad, Potato Salad</p>	<p>19 <b>Breakfast</b> Oatmeal, Pancake, Sausage  <b>Lunch</b> Braised Pot Roast, Baked Potato, Green Beans  <b>Dinner</b> Chicken Teriyaki, Jasmine Rice, Asian Vegetables</p>	
<p>20 <b>Breakfast</b> Cream of Rice, Vegetable Soufflé, Hash Browns  <b>Lunch</b> Chicken ala King, Rice Pilaf  <b>Dinner</b> Stuffed Cabbage, Scalloped Potatoes</p>	<p>21 <b>Breakfast</b> Maypo, Egg Scramble, English Muffin  <b>Lunch</b> Chicken Parmesan w/Penne Pasta, Italian Vegetables, Bread Stick  <b>Dinner</b> Ham Salad Sandwich, Tater Tots, Watermelon</p>	<p>22 <b>Breakfast</b> Oatmeal, Pancakes w/Strawberry Topping  <b>Lunch</b> Beef Tips, Spinach Salad, Whole Wheat Pasta Salad  <b>Dinner</b> Shrimp Scampi, Broccoli, Fettuccine</p>	<p>23 <b>Breakfast</b> Cream of Wheat, Scrambled Egg, Toast  <b>Lunch</b> Meatloaf w/Gravy, Mashed Potato, Green Beans  <b>Dinner</b> BBQ Turkey Tips, Brown Rice, Cauliflower</p>	<p>24 <b>Breakfast</b> Oatmeal, Fried Egg, Corned Beef Hash, Toast  <b>Lunch</b> Baked Haddock, Rice Pilaf, California Vegetables  <b>Dinner</b> Orange Chicken, Vegetable Lo Mein, Oriental Vegetables</p>	<p>25 <b>Breakfast</b> Cream of Rice, Pepper &amp; Onion Scramble, Croissant  <b>Lunch</b> Macaroni &amp; Cheese, Stewed Tomatoes  <b>Dinner</b> Mexican Lasagna, Green Beans</p>	<p>26 <b>Breakfast</b> Maypo, Pumpkin Pancakes, Sausage  <b>Lunch</b> Greek Chicken w/Lemon, Oregano &amp; Black Olives, Barley Pilaf, Green Beans w/Red Peppers  <b>Dinner</b> Ziti Casserole w/Cheese &amp; Ground Beef, Garlic Bread, Zucchini</p>	
<p>27 <b>Breakfast</b> Oatmeal, Cheesy Scramble, Toast  <b>Lunch</b> Tuscan Roasted Turkey, Roasted Brussel Sprouts, Mashed Potatoes  <b>Dinner</b> Jerk Chicken, Succotash Rice</p>	<p>28 <b>Breakfast</b> Mandarin Orange, Cream of Wheat, Hay Stack Eggs  <b>Lunch</b> Shepherd's Pie, Zucchini  <b>Dinner</b> Chicken Fingers, Tater Tots, New Brunswick Vegetables</p>	<p>29 <b>Breakfast</b> Maypo, Pancakes &amp; Syrup, Bacon  <b>Lunch</b> Italian Sausage, Couscous Salad, Watermelon  <b>Dinner</b> Cheese Ravioli w/Tomato Sauce, Roasted Eggplant</p>	<p>30 <b>Breakfast</b> Banana, Oatmeal, Vegetable Quiche  <b>Lunch</b> Creole Meatballs Rice Pilaf, Green Beans  <b>Dinner</b> Chicken Tortilla Casserole, Summer Squash</p>				

