

# SEPTEMBER 2022 MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
			<p><b>1 Breakfast</b> Banana, Cream of Rice, French Toast, Bacon  <b>Lunch</b> Roast Turkey Dinner, Butternut Squash, Mashed Potato, Stuffing  <b>Dinner</b> Chicken Salad in A Hot Dog Roll, Watermelon Feta Salad, Potato Salad</p>	<p><b>2 Breakfast</b> Mayo, Ham &amp; Cheese Egg Croissant  <b>Lunch</b> Baked Haddock, Rice Pilaf, Broccoli  <b>Dinner</b> Macaroni &amp; Cheese, Stewed</p>	<p><b>3 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,</p>	<p><b>4 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><b>5 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><b>6 Breakfast</b> Mayo, 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><b>7 Breakfast</b> Oatmeal, Pancakes w/Strawberry Topping  <b>Lunch</b> Beef Tips, Spinach Salad, Whole Wheat Pasta Salad  <b>Dinner</b> Shrimp Fajita over Rice w/ Peppers &amp; Onions</p>	<p><b>8 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><b>9 Breakfast</b> Oatmeal, Fried Egg, Corned Beef Hash, Toast  <b>Lunch</b> Baked Haddock, Rice Pilaf, California Vegetables  <b>Dinner</b> Orange Chicken, Brown Rice, Oriental Vegetables</p>	<p><b>10 Breakfast</b> Cream of Rice, Pepper &amp; Onion Scramble, Croissant  <b>Lunch</b> Macaroni &amp; Cheese, Stewed Tomatoes  <b>Dinner</b> Garlic Ginger Pork, Green Beans, Lo Mein</p>	<p><b>11 Breakfast</b> Mayo, Pumpkin Pancakes, Sausage  <b>Lunch</b> Greek Chicken w/Lemon, Oregano &amp; Black Olives, Barley Pilaf, Green Beans w/Red Peppers  <b>Dinner</b> Pasta with Meat Sauce, Garlic Bread, Zucchini</p>
<p><b>12 Breakfast</b> Oatmeal, Cheesy Scramble, Toast  <b>Lunch</b> Jerk Chicken, Roasted Brussel Sprouts, Mashed Potatoes  <b>Dinner</b> Pepperoni Pizza, Honeydew Cucumber Salad</p>	<p><b>13 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><b>14 Breakfast</b> Mayo, Pancakes &amp; Syrup, Bacon  <b>Lunch</b> Italian Sausage, Couscous Salad, Watermelon  <b>Dinner</b> Cheese Ravioli w/Tomato Sauce, Roasted Eggplant</p>	<p><b>15 Breakfast</b> Banana, Oatmeal, Vegetable Quiche  <b>Lunch</b> Creole Meatballs Rice Pilaf, Green Beans  <b>Dinner</b> Chicken Parmesan Sandwich, Sweet Potato Tots</p>	<p><b>16 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><b>17 Breakfast</b> Watermelon, Cream of Wheat, Cheesy Scramble  <b>Lunch</b> Turkey Vegetable Casserole, Baked Sweet Potato  <b>Dinner</b> Egg Salad Sandwich, Lettuce &amp; Tomato, Cous Cous</p>	<p><b>18 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><b>19 Breakfast</b> Mayo, 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><b>20 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><b>21 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><b>22 Breakfast</b> Cream of Wheat, French Toast, Bacon  <b>Lunch</b> Roast Pork with Gravy, Prince Edward Blend Vegetables, Mashed Potatoes  <b>Dinner</b> Chicken Tempora, Brown Rice, Vegetable Blend</p>	<p><b>23 Breakfast</b> Mayo, 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><b>24 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><b>25 Breakfast</b> Cream of Rice, Cheesy Egg Scramble, Toast  <b>Lunch</b> Marinated Flank Steak, Brussel Sprouts, Couscous  <b>Dinner</b> Macaroni &amp; Cheese, Spanish Green Beans</p>
<p><b>26 Breakfast</b> Oatmeal, Pancake, Bacon  <b>Lunch</b> Shepherd's Pie, Corn Muffin  <b>Dinner</b> Tuna Salad Plate, Lettuce &amp; Tomato, Super Slaw,</p>	<p><b>27 Breakfast</b> Honeydew Melon, Cream of Wheat, Hard Boiled Egg, Donut  <b>Lunch</b> Lemon Chicken, Oven Browned Potatoes, Asparagus  <b>Dinner</b> Haddock Mornay with Spinach</p>	<p><b>28 Breakfast</b> Oatmeal, Western Soufflé, Hash Brown Potatoes  <b>Lunch</b> Hamburger or Cheeseburger, Peppers &amp; Onions, Pasta Salad  <b>Dinner</b> Sweet &amp; Sour Pork, Asian Vegetables, Brown Rice</p>	<p><b>29 Breakfast</b> Banana, Cream of Rice, French Toast, Bacon  <b>Lunch</b> Roast Turkey Dinner, Butternut Squash, Mashed Potato, Stuffing  <b>Dinner</b> Chicken Salad in A Hot Dog Roll, Watermelon Feta Salad, Potato Salad</p>	<p><b>30 Breakfast</b> Mayo, Ham &amp; Cheese Egg Croissant  <b>Lunch</b> Baked Haddock, Rice Pilaf, Broccoli  <b>Dinner</b> Macaroni &amp; Cheese, Stewed Tomatoes</p>		