SEPTEMBER MENU 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
						1 **Breakfast** Oatmeal, Pancake, Sausage **Lunch** Roast Beef w/Gravy, Baked Potato, Green Beans **Dinner** Chicken Teriyaki, Jasmine Rice, Asian Vegetables
2 **Breakfast** Cream of Rice, Vegetable Soufflé, Hash Browns **Lunch** Chicken & Asparagus over Gemelli Pasta w/Ricotta Cream Sauce **Dinner** Stuffed Cabbage, Scalloped Potatoes	3 **Breakfast** Maypo, Egg Scramble, English Muffin **Lunch** Chicken Parmesan w/Penne Pasta, Italian Vegetables, Bread Stick **Dinner** Haddock Racheal Sandwich, Tater Tots, Watermelon	4 **Breakfast** Oatmeal, Pancakes w/Strawberry Topping **Lunch** Beef Tips, Spinach Salad, Pasta Salad **Dinner** Shrimp Scampi, Broccoli, Couscous	5 **Breakfast** Cream of Wheat, Scrambled Egg, Toast **Lunch** Meatloaf w/ Gravy, Mashed Potato, Green Beans **Dinner** Turkey Divan, Brown Rice, Cauliflower	6 **Breakfast** Oatmeal, Fried Egg, Corned Beef Hash, Toast **Lunch** Baked Haddock, Rice Pilaf, California Vegetables **Dinner** Ham Salad over Mixed Greens, Cucumber & Tomato Salad w/Feta Cheese, Pita Bread	7 **Breakfast** Cream of Rice, Pepper & Onion Scramble, Croissant **Lunch** Macaroni & Cheese, Stewed Tomatoes **Dinner** Seafood Cakes w/Remoulade Sauce, Rainbow Peppers	8 **Breakfast** Maypo, Pumpkin Pancakes, Sausage **Lunch** Greek Chicken w/Lemon, Oregano & Black Olives, Barley Pilaf, Green Beans w/Red Peppers **Dinner** Ziti Casserole w/Cheese & Ground Beef, Garlic Bread, Zucchini
9 **Breakfast** Oatmeal, Cheesy Scramble, Toast **Lunch** Turkey Tips, Broccoli, Mashed Potatoes **Dinner** Pepper Steak over Rice, Spinach	10 **Breakfast** Cream of Wheat, Hay Stack Eggs **Lunch** Shepherd's Pie, Zucchini **Dinner** Chicken Fingers, French Fries, New Brunswick Vegetables	11 **Breakfast** Maypo, Pancakes & Syrup, Bacon **Lunch** Grilled Marinated Chicken, Couscous Salad, Watermelon **Dinner** Cheese Ravioli w/Tomato Sauce, Roasted Eggplant	12 **Breakfast** Oatmeal, Vegetable Quiche **Lunch** Beef Tips, Sweet Potatoes, Italian Green Beans **Dinner** Chicken Tortilla Casserole, Summer Squash	13 **Breakfast** Cream of Rice, Pancakes w/Apple Compote, Sausage **Lunch** Baked Haddock, Asparagus, Baked Potato **Dinner** Korean BBQ Meatloaf, Coleslaw, Cucumber Slices	14 **Breakfast** Cream of Wheat, Egg and Cheese Croissant **Lunch** Turkey Florentine w/Supreme Sauce, Baked Sweet Potato **Dinner** Beef Broccoli Stir Fry w/Lo Mein	15 **Breakfast** Oatmeal, Egg & Vegetable Soufflé, Toast **Lunch** Roast Pork w/ Apple Sauce, Red Skin Potatoes, Baby Carrots, Applesauce **Dinner** Chicken Salad, Macaroni Salad, Marinated Vegetables
16 **Breakfast** Maypo, Banana Pancakes, Bacon **Lunch** Chicken Marsala, Oven Browned Potatoes, Green Beans **Dinner** Pasta Alfredo w/Cheese, Italian Blend Vegetables, Garlic Bread	17 **Breakfast** Cream of Rice, Scrambled Egg w/Baked Ham **Lunch** Stuffed Cabbage, Mashed Potatoes **Dinner** Roast Turkey on Toast Points w/Gravy, Squash, Cranberry Sauce	18 **Breakfast** Oatmeal, Hash Browned Potatoes, Hard Boiled Egg **Lunch** BBQ Beef, Lo Mein Salad, Superslaw **Dinner** Vegetable Quiche, Fruit Salad	19 **Breakfast** Cream of Wheat, French Toast, Bacon **Lunch** Veal Cutlet, Prince Edward Blend Vegetables, Mashed Potatoes **Dinner** Sesame Chicken, Vegetable Brown Rice	20 **Breakfast** Maypo, Bacon & Cheese Quiche **Lunch** Baked Haddock, Italian Blend Vegetables, Sweet Potato **Dinner** Meatloaf w/Gravy, Mashed Potatoes, Vegetable of the Day	21 **Breakfast** Oatmeal, Blueberry Waffle **Lunch** Italian Sausage Sauce Over Spaghetti, Green Beans, Garlic Bread **Dinner** Lemon Sage Chicken Thighs, Baby Carrots, Parsley Potatoes	22 **Breakfast** Cream of Rice, Cheesy Egg Scramble, Toast **Lunch** London Broil, Brussel Sprouts, Couscous **Dinner** Fish Sandwich, Coleslaw, Potato Tots
23 **Breakfast** Oatmeal, Pancake, Bacon **Lunch** Shepherd's Pie, Corn Muffin **Dinner** Tuna Salad Plate, Lettuce & Tomato, Super Slaw, Roll	24 **Breakfast** Cream of Wheat, Hard Boiled Egg, Donut **Lunch** Lemon Chicken, Oven Browned Potatoes, Asparagus **Dinner** Haddock Florentine, Carrots, Mashed Potato	25 **Breakfast** Oatmeal, Western Soufflé, Hash Brown Potatoes **Lunch** Hamburger or Cheeseburger, Peppers & Onions, Bowtie Pasta Salad **Dinner** Sweet Ah-So Pork, Asian Vegetables, Brown Rice	26 **Breakfast** Banana, Cream of Rice, French Toast, Bacon Lunch Roast Turkey **Dinner** Butternut Squash, Mashed Potato, Stuffing, Cranberry Sauce **Dinner** Chicken Salad In A Hot Dog Roll, Mandarin Orange Salad, Potato Salad	27 **Breakfast** Maypo, Ham & Cheese Egg Croissant **Lunch** Baked Haddock, Rice Pilaf, Broccoli **Dinner** Macaroni & Cheese, Stewed Tomatoes	28 **Breakfast** Cream of Wheat, Cheesy Scramble, Toast **Lunch** Spaghetti w/ Meat Sauce, Zucchini, Italian Bread **Dinner** Seafood Salad On A Bed Of Lettuce, White Bean Asparagus Salad, Potato Salad	29 **Breakfast** Oatmeal, Pancake, Sausage **Lunch** Roast Beef w/Gravy, Baked Potato, Green Beans **Dinner** Chicken Teriyaki, Jasmine Rice, Asian Vegetables
30 **Breakfast** Cream of Rice, Vegetable Soufflé, Hash Browns **Lunch** Chicken & Asparagus over Gemelli Pasta w/Ricotta Cream Sauce **Dinner** Stuffed Cabbage, Scalloped Potatoes						