

# SEPTEMBER 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>LUNCH</b> Pepper Steak Steamed Broccoli Macaroni and cheese  Egg Salad Sandwich Grilled Steak Salad  Chocolate Cake	<b>LUNCH 2</b> Cabbage Roll Steamed Kale  Chicken Ranch Wrap Chef Salad  Carrot Cake	<b>LUNCH 3</b> Spaghetti and Meatball Garlic Bread Green Bean Casserole  Strawberry Spinach Salad Turkey Cranberry Sandwich  Cheesecake	<b>LUNCH 4</b> Baked Ham Yams Broccoli Rice Casserole  Chefs Choice Salad Sloppy Joe with Fries  Chocolate Pie	<b>LUNCH 5</b> Southern Fried Chicken Potato Salad Baked Beans  Hot Dog Chicken BLT Salad  Jell-O with Fruit Cocktail	<b>LUNCH 6</b> Three Cheese Ravioli Mariana or Alfredo Sauce Steamed Zucchini  Turkey Reuben w/ Onion Rings Seafood Salad  Funnel Cake Fries	<b>LUNCH 7</b> Chicken and Dumplings Steamed Brussel Sprouts  Tuna Salad Sandwich Grilled Chicken over Greens  Lemon Cake
<b>DINNER</b> Crab Stuffed Tilapia Baked Ham  Baked Sweet Potato Basmati Rice Steamed Asparagus Steamed Squash  Cheese Cake	<b>DINNER</b> Grilled Chicken Veal Parmesan  Parsley Noodles Green Beans Garlic Red Potato Carrots  Boston Cream Pie	<b>DINNER</b> Open Hot Roasted Turkey Sand Shrimp and Grits  Mashed Potato /Gravy Steamed Broccoli Stewed Tomatoes  Peach Pie	<b>DINNER</b> Chicken Ragu Baked Cod fillet  Whole Wheat Pasta Fingerling Potatoes Steamed Kale Spring Vegetable Blend  Cupcake	<b>DINNER</b> Crab Stuffed Flounder Roasted Pork Tenderloin-  Buttered Noodles Baby Carrot Chefs Vegetable Bland Baked Butternut Squash  Pumpkin Pie	<b>DINNER</b> Rainbow Trout Beef Stir Fry  Roasted Baby Potato Rice Blend Fresh Asparagus Mini Eggroll  Rice Pudding	<b>DINNER</b> Pot Roast w/Gravy Mushroom Ravioli White Sauce Mashed Potato w/Gravy Steamed Baby Carrot Steamed Broccoli  Cookies and Cream Pie

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>LUNCH 8</b> Baked Ham Macaroni Cheese Green Beans  Bacon Lettuce and Tomato Pineapple/Cottage Cheese+  <b>DINNER</b> Shrimp Fettuccine Roasted Turkey w/Gravy  Corn Bread stuffing Steamed Baby Carrots Steamed Asparagus Mashed Potato W/Gravy  Peach Cobbler	<b>LUNCH 9</b> Turkey Chili Cole slaw Corn Bread  Grilled Cheese with Tomato Almond Mandarin Salad with Chicken Lemon Cake  <b>DINNER</b> Roasted pork Loin W/Sauce Southern Style Catfish  Steamed Sweet Corn Jasmine rice Butternut Squash Steamed Green Beans  Coconut Custard pie	<b>LUNCH 10</b> Cheese Broccoli Stuffed- Chicken Steamed Squash French Fries  BBQ Pork Sandwich Turkey Salad Plate  Assorted Coffee Cake  <b>DINNER</b> Meatball Parmesan Sub Chicken Pot Pie  Steak Fries Coleslaw  Steamed Broccoli  Frosted Cake	<b>LUNCH 11</b> Manicotti with Red Sauce Steamed Broccoli  Steak & Cheese W/fries Cobb Salad  Coconut Cream Pie  <b>DINNER</b> Chicken piccata Meatloaf W/Gravy  Mashed Red Potatoes W/Gravy Wild Rice Fresh Asparagus Roasted Pepper Medley  Tapioca Pudding	<b>LUNCH 12</b> Grilled Chicken Breast Cream Peas Steamed Carrot  Turkey Salad Sandwich Chef Salad  Banana Pudding  <b>DINNER</b> Grilled Shrimp Meat Lasagna W/Garlic Brea  Brown Rice Steamed Yellow Squash Sautéed Baby Spinach Garlic Bread  Cannoli	<b>LUNCH 13</b> Pub Battered Cod^ Coleslaw Baked Potato  French Connection Sandwich Beet Salad with Goat Cheese  Lemon Meringue Pie  <b>DINNER</b> BBQ Pork Ribs Chicken marsala  Potato Salad Egg Noodles Lemon Steamed Broccoli Chef Choice Vegetable  Peaches and Cream	<b>LUNCH 14</b> Chicken Tenders Potato Salad Green Beans  Ham and Cheese Sandwich Onion Ring Ham Salad Plate  <b>DINNER</b> Pot Roast w/ Gravy 3 Cheese Ravioli  Mashed Potato W/Gravy Wild Rice Steamed Asparagus Baby Carrots  Cheese Cake

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<b>LUNCH 15</b>	<b>LUNCH 16</b>	<b>LUNCH 17</b>	<b>LUNCH 18</b>	<b>LUNCH 19</b>	<b>LUNCH 20</b>	<b>LUNCH 21</b>
Oven Fried Chicken Mashed Potatoes Green Beans  Tuna Salad/ Potato Salad Cobb Salad  Chocolate Cake	Cheese/Pepperoni Pizza Steamed Broccoli  Grilled Ham and Cheese Chef Choice Salad  Fruited Gelatin	Beef Burgundy Fettucine Glazed Carrots  Southwestern Wrap Greek Salad  Coconut Cake	Chicken Tenders Macaroni & Cheese Steamed Succotash  Ham Salad Sandwich Pineapple /cottage cheese+	Roasted Tukey Mashed Potatoes Green Beans  Egg Salad Sandwich Trio Salad Plate  Cupcakes	Corned Beef Cooked Cabbage Root Vegetable Medley  Hot Dogs/Chili/fries Chicken Orange and Almond Salad Lime Gelatin with Pineapple	Spiral Sliced ham Sweet Potato Casserole California Vegetable Blend  Grilled Cheese Sandwich Chef Salad  Cheese Cake
<b>DINNER</b>	<b>DINNER</b>	<b>DINNER</b>	<b>DINNER</b>	<b>DINNER</b>	<b>DINNER</b>	<b>DINNER</b>
Spaghetti and Meat sauce Baked Tilapia Lemon Butter  Herbed Couscous Steamed Broccoli Mixed Vegetables Garlic Bread  Tiramisu	Grilled Chicken Salad Shrimp Scampi  Baked Potato Steamed Squash Medley Brown Rice  Red Velvet Cake	Pork Loin W/Sauce Pan Fried Tilapia  Basmati Rice Pierogis Steam Kale Steamed Sweet Corn  Raspberry Cheesecake	Ham and Spinach Quiche Beef Ravioli W/Red or white sauce  Kyoto Vegetable Bland Steamed Spinach Buttered Pasta  Cookies and Cream	Lemon Thyme Roasted Chicken Grilled Ham & Cheese Sandwich  Wild Rice Venetian Vegetable Blend French Fries  Apple Cobbler	Grilled Salmon Pot Roast W/Gravy  Mashed Potato Steamed Baby Carrots Steamed Broccoli Rice Florentine  Lemon Cake	Fish and Chips Grilled Shoulder tender Steak  French Fries Roasted Baby Potato Sautéed Pepper and Mushroom Coleslaw  Blackberry Cobbler

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>LUNCH 22</b> Baked Ham Roasted Fuji Apple Steamed Green Bean  Broccoli & Cheddar Quiche  Strawberry and Feta Salad  Carrot Cake  <b>DINNER</b> Pan Fried Tilapia Grilled Chicken  Key largo Vegetable Parmesan Egg Noodles Steamed Kale  Chocolate Cake	<b>LUNCH 23</b> Open Hot Roast Beef Sandwich W/gravy Green Beans Mashed Potatoes W/Gravy Crab Cake Sandwich Coleslaw Cottage Cheese/Fruit Plate+  Gelatin with Fruit  <b>DINNER</b> Roasted Turkey w/ Gravy Butternut Ravioli with White Sauce  Baked Sweet Potato Sautéed Spinach Capri Vegetable Blend  Pecan Pie	<b>LUNCH 24</b> Chicken Casserole Creamed Peas Steamed Broccoli  Bologna^* Sandwich Onion Ring Cranberry Pecan Salad w/Grilled chicken Peach Cobbler  <b>DINNER</b> Salmon Croquette Beef Pot Pie  Baked Potato Fresh Asparagus  Cheese Cake	<b>LUNCH 25</b> Meatloaf w/Gravy Egg Noodle Steamed Carrots  Fish fillet Sandwich French Fries Chefs choice Salad  Lemon Cake  <b>DINNER</b> Stir Fry Chicken Baked Cod fillet W/ sauce  Fried Rice Venetian Vegetable Blend Penne Pasta  Chef's Choice	<b>LUNCH 26</b> Grilled Salmon Jasmine Rice Steamed Spinach  Grilled Chicken Sandwich Potato Salad Strawberry Spinach Salad  Gelatin w/ Fruit Cocktail  <b>DINNER</b> BBQ Spare Rib Vegetable Lasagna - W/Garlic Bread  Green Bean Casserole Sliced Baked Beets Cole Slaw  Peanut Butter Pie	<b>LUNCH 27</b> Beef Steak /w Gravy Mashed Potatoes W/Gravy Steamed Carrots  French Connection Sandwich Tater Tots Chef's Choice Salad  Sweet Potato pie  <b>DINNER</b> Crab cake Grilled Italian chicken Breast  Baked Winter Squash Steamed Asparagus Wild Rice  Coffee Cake	<b>LUNCH 28</b> Chicken Wings* Cole Slaw Baked Beans  Ham and Cheese on Rye Onion Ring Cottage Cheese in Tomato  Chef's choice dessert  <b>DINNER</b> Beef Ravioli Baked Salmon  Red Sauce Mushrooms and Peppers San Franciscan Blend Veggies Baked Potato  Pecan Pie

# SEPTEMBER 2019

# OCTOBER 2019

Type Healthcare, Assisted Living, Independent Activities, etc. here.

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<b>LUNCH 29</b> Pepper Steak Steamed Broccoli Macaroni and cheese  Egg Salad Sandwich Grilled Steak Salad  Chocolate Cake  <b>DINNER</b> Crab Stuffed Tilapia Baked Ham  Baked Sweet Potato Basmati Rice Steamed Asparagus Steamed Squash  Cheese Cake	<b>LUNCH 30</b> Cabbage Roll Steamed kale  Corn Muffin Warm Chicken Ranch Wrap Chef Salad  Carrot Cake  <b>DINNER</b> Grilled Chicken Veal Parmesan  Parsley Noodles Green Beans Garlic Red Potato Carrots  Boston Cream Pie	<b>LUNCH 1</b> Spaghetti and Meatball Garlic Bread Green Bean Casserole  Strawberry Spinach Salad Turkey Cranberry Sandwich  Cheesecake  <b>DINNER</b> Open Hot Roasted Turkey Sand Shrimp and Grits Mashed Potato W /Gravy Steamed Broccoli Stewed Tomatoes  Peach Pie	<b>LUNCH 2</b> Baked Ham Yams Broccoli Rice Casserole  Chefs Choice Salad Sloppy Joe with Fries  Chocolate Chip Pie  <b>DINNER</b> Chicken Ragu Baked Cod fillet  Whole Wheat Pasta Fingerling Potatoes Steamed Kale Spring Vegetable Blend  Cupcake	<b>LUNCH 3</b> Southern Fried Chicken Potato Salad Baked Beans  Hot Dog Chicken BLT Salad  Jell-O with Fruit Cocktail  <b>DINNER</b> Crab Stuffed Flounder Roasted Pork Tenderloin-  Buttered Noodles Baby Carrot Chefs Vegetable Bland Baked Butternut Squash  Pumpkin Pie	<b>LUNCH 4</b> Three Cheese Ravioli Mariana or Alfredo Sauce Steamed Zucchini  Turkey Reuben w/ Onion Rings Seafood Salad  Funnel Cake Fries  <b>DINNER</b> Rainbow Trout Beef Stir Fry  Roasted Baby Potato Rice Blend Fresh Asparagus Mini Eggroll  Rice Pudding	<b>LUNCH 5</b> Chicken and Dumplings Steamed Brussel Sprouts  Tuna Salad Sandwich Grilled Chicken over Greens  Lemon Cake  <b>DINNER</b> Pot Roast w/Gravy Mushroom Ravioli White Sauce Mashed Potato w/Gravy Steamed Baby Carrot Steamed Broccoli  Cookies and Cream Pie