

**SERVING SIZES**  
 Grains – 2 ounces  
 Vegetables – ½ cup  
 Fruits – ½ cup  
 Protein – 3 ounces  
 Dairy – 1 cup

# September 2023



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

	<p><b>\$3.00</b>  <b>Suggested Donation</b>  <b>Please call our Dining room</b>  <b>24 hours in advance</b></p>	<p>All menu items may contain nuts, seeds, beans, wheat bran, and other allergens</p>		<p>1        Tossed salad        Roasted chicken thighs        Rice pilaf        Corn w/ tomatoes        Cake        Roll        Roast beef sandwich</p>
<p>4  </p>	<p>5        Greek cucumber salad        Beef w/ honey teriyaki glaze        Roasted sweet &amp; white potatoes        Green beans        Fruit        Sliced multi grain bread        Seafood salad sandwich</p>	<p>6        Roasted chic pea salad        Chicken Parm        Rice pilaf w/ mushrooms        Wax beans        Roll        Oatmeal raisin cookie        Turkey &amp; swiss cheese</p>	<p>7        Minestrone soup        Meatloaf w/ gravy        Mashed potato        Baby carrots        Roll        Fruit        Chicken salad plate</p>	<p>8        Chicken n rice soup        Stuffed manicotti w / meat sauce        Cauliflower w/ roasted carrots        Garlic bread        Pudding        Roll        Ham &amp; cheese on rye</p>
<p>11        Tomato soup        French onion baked chicken        Roasted potatoes        Peas &amp; carrots        Roll - Cookies        Sliced whole grain bread        Egg salad sandwich</p>	<p>12        Mediterranean rice salad        Baked rigatoni w/mini meatballs        Green beans        Roll        Fruit salad        Turkey &amp; swiss on rye</p>	<p>13        Chicken soup        Meatball &amp; pepper sandwich        Pasta salad        Roll        Fruit        Tuna salad plate</p>	<p>14        Zucchini Summer salad        Pork loin w/ gravy        Asian style rice pilaf        Broccoli        Roll – Fruit        Chicken salad sandwich</p>	<p>15        Lentil soup        Shepards pie        Mashed potato        Ww roll        Cake        Corned beef on rye</p>
<p>18        Gazpacho        Chicken francese        Roasted vegetable w/ potato        Garlic bread        Fruit        Cobb salad</p>	<p>19        Lentil &amp; bean soup        Smothered pork chop w/apples &amp; peppers        Rice pilaf        Fruit        Zucchini w/ plum tomato - roll        Egg salad on multi grain roll</p>	<p>20        Navy bean soup        Lasagna roll up w/ meat sauce        Spinach        Roll        Jello        Chicken salad plate</p>	<p>21        Minestrone soup        Salisbury steak w/ mushrooms        Sweet potato        Mixed vegetables        Roll        Cake        Ham &amp; cheese on rye</p>	<p>22        Greek salad        Chicken cacciatore        Rice pilaf        Green beans        Cookie        Roll        Tuna sandwich on wheat</p>

<p>25  Chicken escarole soup  Sloppy joe  3- bean salad  Potato salad  Whole Wheat roll - cookie  Chef salad</p>	<p>26  Escarole / bean &amp; sausage soup  Tossed salad  Stuffed shell w/ meatball  Garlic bread  Fruit  Spinach salad w/ chicken</p>	<p>27  Minestrone soup  Tender eye round roast w/gravy  Garlic green beans  Mashed potatoes  Cookie - roll  Ham salad on rye</p>	<p>28  Mushroom barley soup  Baked ham w/ gravy  Sweet potato  Corn  Fruit Roll  Tuna salad plate</p>	<p>29  Greek cucumber salad  Sausage &amp; pepper sandwich  Broccoli salad  Chips  Roll  Turkey &amp; Swiss/whole wheat</p>
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