

SEPTEMBER '23 DINNER & LUNCH MENU

Available daily: tossed salad, a bean or legume, apples, oranges, carrots, canned fruit, yogurt, cold water, and choices of milk including skim, 1% white and fat free chocolate. Cottage cheese is available at most meals.

DATE	LUNCH	DINNER
1 st	Bierocks & broccoli salad	Crispy chicken, rice + carrots
2 nd	Chicken drummies & pasta salad	Spaghetti w/meatballs, garlic bread
3 rd	BBQ	Beef Enchilada, refried beans, chips + salsa
4 th	Sack Lunch	Chicken Bacon Ranch casserole, dinner roll
5 th	Burritos, rice & Mexican corn	Grilled Cheese, tomato soup, veggie tray
6 th	Pork chop subs, pea salad	Tater tot casserole + dinner rolls
7 th	Fish, French fries, coleslaw, fresh fruit	Salisbury steaks, mashed potatoes, gravy + mixed veggies
8 th	Mac'n'Cheese, lil' Smokies, green beans	McRib subs, French fries
9 th	Beef Stew + dinner rolls	Mondo Nachos
10 th	Chicken pot pie casserole	John Wayne casserole
11 th	French dip, French fries + fresh fruit	Chicken cheese Quesadillas, tortilla chips + salsa
12 th	Meatloaf, mashed potatoes, gravy + corn	Pulled Pork Subs, baked beans and chips
13 th	Gyros + Spanakopita	Hawaiian Chicken, rice, egg rolls
14 th	Biscuits + Gravy, tater triangles, fresh fruit	Taco soup, Fritos
15 th	Mini pizzas, salad	
TRAVEL WEEKEND		
18 th	BLTS, chips	Chili cornbread
19 th	Taco Bowls, refried beans	Pork chops, mashed potatoes, gravy, mixed veggies
20 th	Ham slices, scalloped potatoes, green beans	Philly Cheesesteak subs and chips
21 st	Potato bar, fresh fruit	Chicken strips, French fries, and chips
22 nd	Chicken cordon bleu + pasta salad	Ravioli w/sausage, garlic bread
23 rd	Beef Stroganoff over pasta	Shepherd's pie, dinner rolls
24 th	Tacos in a Bag	Pizza casserole, garlic bread, veggie tray
25 th	Potato soup + dinner rolls	Cheeseburgers, French fries
26 th	Sub sandwiches, chips, fresh fruit	Chicken fried steaks, mashed potatoes + peas
27 th	Sloppy Jos and Jo Jos	PB&J French toast subs, tater triangles,, fresh fruit
28 th	Goulash + dinner rolls	Shrimp Ramen Salad, French fries
29 th	Breakfast sandwiches	Chicken Alfredo, cheesy breadsticks, green beans
30 th	Hot dogs, potato salad, veggie tray	French dip + French fries