




SEPTEMBER 2023 MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
				<p>1 Breakfast Cream of Rice, Pancakes w/Apple Compote, Sausage Lunch Baked Haddock, Baked Potato, Mixed Vegetable Blend Dinner Pizza, Cucumber Salad</p>	<p>2 Breakfast Watermelon, Cream of Wheat, Cheesy Scramble Lunch Turkey Vegetable Casserole, Baked Sweet Potato Dinner: Broccoli Cheddar Quiche, Spinach Salad</p>	<p>3 Breakfast Oatmeal, Egg & Vegetable Soufflé, Toast Lunch Roast Pork w/ Apple Sauce, Red Skin Potatoes, Carrots, Applesauce Dinner Chicken Tenders, Tater Tots, Marinated Vegetables</p>
<p>4 Breakfast Mayo, Banana Pancakes, Bacon Lunch Chicken Marsala, Oven Browned Potatoes, Green Beans Dinner Pasta Alfredo w/Cheese, Italian Blend Vegetables, Garlic Bread</p>	<p>5 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</p>	<p>6 Breakfast Oatmeal, Hash Brown Potatoes, Hard Boiled Egg Lunch BBQ Beef, Potato Salad, Superslaw Dinner Chicken Tenders, Broccoli, Sweet Potato</p>	<p>7 Breakfast Cream of Wheat, French Toast, Bacon Lunch Roast Pork, Prince Edward Blend Vegetables, Mashed Potatoes Dinner Sesame Chicken Brown Rice, Vegetable</p>	<p>8 Breakfast Mayo, Bacon & Cheese Quiche Lunch Baked Haddock, Italian Vegetables, Sweet Potato Dinner Meatloaf, Mashed Potatoes, Vegetable of the Day</p>	<p>9 Breakfast Oatmeal, Pancakes Lunch Hot Dog in a Roll, Baked Beans, Pickled Beets Dinner Lemon Sage Chicken Thighs, Baby Carrots, Parsley Potatoes</p>	<p>10 Breakfast Cream of Rice, Cheesy Egg Scramble, Toast Lunch Marinated Flank Steak, Brussel Sprouts, Mashed Potato Dinner Macaroni & Cheese, Spanish Green Beans</p>
<p>11 Breakfast Oatmeal, Pancake, Bacon Lunch Shepherd's Pie, Corn Muffin Dinner Tuna Salad Plate, Lettuce & Tomato, Super Slaw, Roll</p>	<p>12 Breakfast Honeydew Melon, Cream of Wheat, Hard Boiled Egg, Donut Lunch Lemon Chicken, Oven Browned Potatoes, Mixed Vegetable Dinner Haddock Florentine, Carrots, Mashed Potato</p>	<p>13 Breakfast Oatmeal, Western Soufflé, Hash Brown Potatoes Lunch Hamburger or Cheeseburger, Peppers & Onions, Bowtie Pasta Salad Dinner Sweet & Sour Pork, Asian Vegetables, Brown Rice</p>	<p>14 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, Watermelon Feta Salad, Potato Salad</p>	<p>15 Breakfast Mayo, Ham & Cheese Egg Croissant Lunch Baked Haddock, Rice Pilaf, Broccoli Dinner Macaroni & Cheese, Stewed Tomatoes</p>	<p>16 Breakfast Cream of Wheat, Cheesy Scramble, Toast Lunch Hot Dogs, Baked Beans, Coleslaw, Brown Bread Dinner Seafood Salad on a Bed Of Lettuce, Asparagus Tomato Salad, Potato Salad</p>	<p>17 Breakfast Oatmeal, Pancake, Sausage Lunch Braised Pot Roast, Baked Potato, Green Beans Dinner Chicken Teriyaki, Jasmine Rice, Asian Vegetables</p>
<p>18 Breakfast Cream of Rice, Vegetable Soufflé, Hash Browns Lunch Chicken ala King, Biscuit Dinner Stuffed Cabbage, Scalloped Potatoes</p>	<p>19 Breakfast Mayo, Egg Scramble, English Muffin Lunch Chicken Parmesan w/Penne Pasta, Italian Vegetables, Bread Stick Dinner Ham Salad Sandwich, Tater Tots, Watermelon</p>	<p>20 Breakfast Oatmeal, Pancakes w/Strawberry Topping Lunch Beef Tips, Spinach Salad, Whole Wheat Pasta Salad Dinner Shrimp Fajita over Rice with Peppers & Onions</p>	<p>21 Breakfast Cream of Wheat, Scrambled Egg, Toast Lunch Meatloaf, Mashed Potato, Green Beans Dinner BBQ Turkey Tips, Brown Rice, Broccoli</p>	<p>22 Breakfast Oatmeal, Fried Egg, Corned Beef Hash, Toast Lunch Baked Haddock, Rice Pilaf, California Vegetables Dinner Orange Chicken, Brown Rice, Oriental Vegetables</p>	<p>23 Breakfast Cream of Rice, Pepper & Onion Scramble, Croissant Lunch Macaroni & Cheese, Stewed Tomatoes Dinner Garlic Ginger Pork, Green Beans, Lo Mein</p>	<p>24 Breakfast Mayo, Pumpkin Pancakes, Sausage Lunch Greek Chicken Rice Pilaf, Green Beans w/Red Peppers Dinner Tortellini Alfredo, Garlic Bread, Zucchini</p>
<p>25 Breakfast Oatmeal, Cheesy Scramble, Toast Lunch Jerk Chicken, Cape Cod Blend Vegetables, Couscous Dinner Pepperoni Pizza, Honeydew Cucumber Salad</p>	<p>26 Breakfast Mandarin Orange, Cream of Wheat, Hay Stack Eggs Lunch Shepherd's Pie, Zucchini Dinner Chicken Fingers, Tater Tots, New Brunswick Vegetables</p>	<p>27 Breakfast Mayo, Pancakes & Syrup, Bacon Lunch Italian Sausage, Couscous Salad, Watermelon Dinner Cheese Ravioli w/Tomato Sauce, Roasted Eggplant</p>	<p>28 Breakfast Banana, Oatmeal, Vegetable Quiche Lunch Creole Meatballs Rice Pilaf, Green Beans Dinner Chicken Parmesan, Italian Blend Vegetables, Penne Pasta</p>	<p>29 Breakfast Cream of Rice, Pancakes w/Apple Compote, Sausage Lunch Baked Haddock, Baked Potato, Mixed Vegetable Blend Dinner Pizza, Cucumber Salad</p>	<p>30 Breakfast Watermelon, Cream of Wheat, Cheesy Scramble Lunch Turkey Vegetable Casserole, Baked Sweet Potato Dinner: Broccoli Cheddar Quiche, Spinach Salad</p>	