

Monday

Tuesday

Wednesday

Thursday

Friday



1 **Labor Day Luncheon**
 Orange Juice
Chili Hot Dog
 Hot Dog Bun
 Potato Salad
 Marinated Beets & Onion
 Watermelon Wedge

4 **CLOSED**
Labor Day

HAPPY LABOR DAY

5 Orange Juice
Choice of Entrée:
Turkey Vegetable Stew
or Lentil Stew
 Biscuit / Chopped Salad
 with Ranch Dressing
 Baked Maple Pears

6 Cream of Broccoli Soup
Herb Rubbed Roast Pork
w/ Mustard Sauce
 Brown & Wild Rice
 Zucchini & Tomatoes
 Cantaloupe
 Cake

7 **Spaghetti w/ Meatballs**
 Dinner Roll
 Cauliflower & Broccoli
 Caesar Salad w/ Croutons
 Banana

8 Navy Bean Soup
BBQ Chicken Salad
 Whole Grain Dinner Roll
 Roasted Corn w/ Bell Pepper
 Shredded Cabbage
 w/ French Dressing
 Orange

11 Tomato Soup
Baked Fish
 Whole Grain Bread
 Baked Potato
 Peas & Carrots
 Watermelon

12 Chicken Vegetable Soup
Choice of Entrée:
Boneless Smothered Pork
Chops or Smothered Chicken
 Rice & Barley Pilaf
 Brussels Sprouts / Banana
 Creamy Dill Cucumber Salad

13 **Oven Fried Chicken**
 Whole Grain Dinner Roll
 Sautéed Cabbage
 Mashed Sweet Potatoes
 Manhattan Gelatin

14 **Beef Lasagna**
 Sourdough Bread
 Spinach
 Romaine Lettuce w/ Ranch
 Dressing / Mango Chunks
 or Mandarin Oranges

15 Orange Juice
Chicken Enchilada
Verde Casserole
 Spanish Rice
 Pinto Beans
 Pear Halves
 Arroz con Leche

18 Chicken Noodle Soup
Turkey & Cranberry Salad
 Whole Grain Bread
 Spinach Salad
 Three Bean Salad
 w/ Italian Dressing
 Fresh Orange

19 Corn Chowder Soup
Beef Stroganoff
 Whole Grain Bread
 Egg Noodles
 Green Beans
 Coleslaw
 Pineapple Chunks

20 Orange Juice
Chicken Mole
 Flour Tortilla
 Black Beans
 Chopped Salad
 w/ Balsamic Dressing
 Carrot Cake

21 Tomato Soup
Choice of Entrée: Pork Chop
Au Jus or Baked Fish
 Brown Rice Barley Pilaf
 Cucumber & Onion Salad
 w/ Vinaigrette Dressing
 Banana Squash / Cantaloupe

22 Minestrone Soup
Stuffed Bell Pepper
 Whole Grain Dinner Roll
 Mashed Potatoes
 Carrots
 Banana

25 Whole Grain Roll
Parmesan Baked Fish
 Brown Rice Pilaf
 Broccoli
 Tossed Salad w/ Tomato
 w/ Italian Dressing
 Watermelon

26 Beef Barley Soup
Choice of Entrée: Pork w/
Mushroom or
Chicken Mushroom Sauce
 Whole Grain Roll
 Sautéed Spinach & Kale
 Carrot Raisin Salad
 Grapes or Peaches

27 Cabbage Soup
Meatloaf
 Whole Grain Bread
 Mashed Potatoes
 Green Beans
 Ambrosia Salad

28 Cream of Mushroom Soup
BBQ Chicken
 Biscuit
 California Blend Vegetables
 Orange
 Vanilla & Chocolate
 Swirl Pudding

29 **Bean & Chili**
 Cornbread
 Zucchini Medley
 Mexicali Salad
 Tropical Fruit

*ALL MEALS SERVED WITH 1% LOW FAT MILK. + Item is high in sodium. MENU SUBJECT TO CHANGE WITHOUT NOTICE.

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