



September HDM

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Lemon Pepper Chix with a garlic sauce over a bed of rice pilaf Fresh Zucchini Mandarin Oranges Oatmeal Bread	2 Baked Meatloaf Country Gravy Roasted Red Potatoes Buttered Green Beans Red jell-O db Orange Cherry Snack n Loaf	3 Honey Glazed Pork with LS Gravy Whipped Parsnip Potato Corn with Red Peppers Chocolate Cake db lorna don. Whole Wheat Roll
	7 Country Style Beef Stew loaded with veggies Basil Whipped Potato Chilled Fruit Pumpernickle	8 Grilled Chicken on a Bed of lettuce Rice Florentine Salad Broccoli Slaw Marble Cake Kaiser roll/ mayo pc	9 RS Hot Dog Vegetarian Baked Beans Fresh Carrots Fresh Cantaloupe Mustard & Ketchup Whole Wheat HD Roll	10 Lime & Cilantro Bkd. Scrod w/ Lemon Wd Roasted Potatoes Peas & Pearl Onions Mandarin Oranges Whole Wheat Roll
13 Baked Chicken with Lemon Herb Sauce Lyonnaise Potato Baby Carrots Chilled Pineapple Oatmeal Bread	14 Chef Salad Ham, Turkey & Hard boiled Egg LF Dressing Marinated Tomato Salad Artic Blast db Straw. Mousse Whole Wheat Roll	15 Southern Style Sheppard's Pie LS Gravy Collard Greens Fresh Seasonal Fruit Cheddar Ch. Corn Bread	16 Lunch in Little Italy Chicken Scampi Buttered Fussili Pasta Broccoli Rabe with Raisins Chocolate Mousse Bread Stick	17 Roast Turkey with Stuff. & Cran PC Whipped Potato Green Beans Chilled Fruit Dinner Roll
20 Chicken Picatta with a lemon caper sauce Minted Whipped Potato Fresh Carrots Orange Jell-O db Green Whole Wheat Bread	21 Pork Cutlet LS Mushroom Sauce Rst Sweet Potatoes Kernel Corn with Red Peppers Apple Sauce db US apple sauce Dinner Roll	22 Greek Lasagna with Red Sauce Roasted Potatoes Green Beans Yellow Cake Vienna Bread	23 Baked NE Scrod Baked Potato Steamed Broccoli Sour Cream and Lemon Wed. Chilled Fruit Rye Bread	24 Grilled Chicken Caesar Saald Orzo Pasta Salad Croutons & Dressing Fresh Melon Whole Wheat Pita
27 Stir Fry Beef with onions & peppers Brown Rice Oriental Blend Vegetables Mandarin Oranges Whole Wheat Bread	28 Chef Bill's Chix Parm Whole Wheat Pasta Summer Squash Seasonal Fresh Fruit French Bread	29 Shaved Rst Beef Potato Salad with bacon Tomato Cucumber Salad Chilled Fruit Mayo Pc Hoagie Roll	30 Bkd Cheese & Beef Chop Suey Crumb Topped Tomato Steamed Broccoli Choco Pudding db vanilla Multi Grain Bread	1 Dijon Crusted Pork with Sauce Roasted Red Potatoes Fr Zucchini w/ Red Pep Seasonal Fresh Fruit Oatmeal Bread