

# September 2021 Menu

Mon	Tue	Wed	Thu	Fri
<u>Meat Substitute Meal</u> Grilled Chicken Breast Broccoli Yellow Squash Roll Applesauce Seasonal Fruit	<u>Veggie Substitute Meal</u> Great Northern Beans Broccoli Yellow Squash Roll Applesauce Seasonal Fruit	1 Sliced Ham w/ Glaze Black-Eyed Peas Warm Potato Salad Roll Mandarin Oranges Vanilla Pudding w/ Mixed Berries	2 Chicken Salad Tomato & Cucumber Salad Macaroni Salad Peaches Cottage Cheese Saltine Crackers	3  Hamburger  Home Fries Baked Beans Bun / Mustard / Ketchup Seedless Watermelon Cherry Yum Yum
6 	7 Cube Steak w/ Gravy Oven Browned Potatoes Green Beans Roll Seasonal Fruit Tropical Fruit Whip	8 Fish w/ Red Sauce over Rice Yellow Squash Blueberry Cobbler Caesar Salad Pickled Beets Seasonal Fruit	9 Chicken Stroganoff w/ Noodles Cauliflower Carrots Applesauce Seasonal Fruit Brownie	10 Cheesy Beef & Mac Casserole Green Beans Cabbage Tossed Salad Peaches Cherry Gelatin w/ Fruit
13 Meatloaf w/ Gravy Mashed Potatoes Stewed Tomatoes Wheat Roll Seasonal Fruit Waldorf Salad	14 Chicken Filet Diced Potatoes Green Peas Bun / Mayo Packet / Pickle Cup Macaroni Salad Seasonal Fruit	15 Mac & Cheese w/ Ham Green Beans Apple Cobbler Cornbread Broccoli Cauliflower Salad Seasonal Fruit	16 Pulled Pork BBQ Black-Eyed Peas Collard Greens Bun Sweet & Coleslaw Seasonal Fruit	17 Chicken & Rice Casserole Broccoli Apple Crisp Roll Cucumber Tomato Salad Seasonal Fruit
20 Chicken & Biscuit Pan Pie Cabbage Green Beans Seasonal Fruit Fruit Gelatin Vanilla Wafers	21 Veal Parmesan Spinach Corn Tossed Salad & Dressing Seasonal Fruit Chocolate Pudding	22 Carved Turkey & Dressing w/ Gravy Mashed Potatoes Green Beans Roll Carrot Raisin Salad Seasonal Fruit	23 Sliced Ham w/ Glaze Broccoli Carrots Whole Wheat Roll Macaroni Salad Peaches	24 Pinto Beans over Rice Collard Greens Blueberry Crisp Cornbread Broccoli Cauliflower Salad Pineapple Delight
27 Smothered Hamburger Patty Turnip Greens Rice Tropical Fruit Salad Three Bean Salad Vanilla Pudding	28 Sloppy Joe Squash & Zucchini Ranch Potatoes Bun Coleslaw Seasonal Fruit	29 Chicken Parmesan Roasted Sweet Potatoes Spinach Roll Garden Ranch Pasta Salad Seedless Watermelon	30 Beef Stroganoff over Noodles Squash Medley Baked Apples w/ Raisins Marinated Vegetable Salad Seasonal Fruit Cookie	<div style="border: 1px solid red; padding: 10px; text-align: center;"> <p><b>*MENU IS SUBJECT TO CHANGE WITHOUT NOTICE</b></p> </div>

**You may choose a Meat or Veggie Substitute Meal in place of a meal on any given day.  
You must call our Office at 704-633-0352 by noon the day before you want a substitute meal.**