

# September 2022 – Traditional Menu

| Mon   | Tue   | Wed   | Thu  | Fri  |
|---|---|---|--|--|
| <b><u>Meat Substitute Meal</u></b><br>Beef Patty w /Gravy<br>Corn<br>Green Beans<br>Whole Grain Roll<br>Cinnamon Applesauce<br>Pineapple      | <b><u>Veggie Substitute Meal</u></b><br>Kidney Beans<br>Corn<br>Green Beans<br>Whole Grain Roll<br>Cinnamon Applesauce<br>Pineapple         |   | <b>1</b><br>Sliced Turkey Breast w/ Turkey Gravy<br>Corn<br>Broccoli<br>Mixed Fruit<br>Diced Pears<br>Baked Cookie                             | <b>2</b><br>Bow Tie Lasagna<br>Glazed Carrots<br>Mixed Vegetables<br>Dinner Roll<br>Seasonal Fruit<br>Cinnamon Applesauce            |
| <b>5</b><br>   | <b>6</b><br>Taco Meat<br>Mixed Beans<br>Fajita Vegetable Blend<br>Flour Tortilla<br>Mandarin Oranges<br>Diced Pears                         | <b>7</b><br>Baked Chicken w/ Chicken Gravy<br>Glazed Beets<br>Green Beans<br>Garden Pasta Salad<br>Seasonal Fruit<br>Strawberry Applesauce                | <b>8</b><br>Turkey Tetrazzini<br>Corn<br>Carrots<br>Dinner Roll<br>Tropical Fruit<br>Mixed Fruit   | <b>9</b><br>Bourbon Chicken<br>Green Peas<br>Cauliflower<br>Texas Bread<br>Pineapple Tidbits<br>Seasonal Fruit                       |
| <b>12</b><br>Meatballs w/ Brown Gravy<br>Whipped Potatoes<br>Parslied Carrots<br>Dinner Roll<br>Seasonal Fruit<br>Strawberry Swirl Pudding    | <b>13</b><br>Garlic Rosemary Chicken<br>Corn<br>Broccoli Florets<br>Wheat Bread<br>Tropical Fruit<br>Applesauce                             | <b>14</b><br>Sliced Turkey Breast w/ Brown Gravy<br>Oven Roasted Potatoes<br>Green Beans w/Peppers<br>Seasonal Fruit<br>Pineapple Tidbits<br>Baked Cookie | <b>15</b><br>Smothered Chicken<br>Lima Beans<br>California Vegetable Blend<br>Cornbread<br>Fruited Gelatin<br>Diced Peaches                    | <b>16</b><br>Hamburger Patty<br>Baked Beans<br>Hot Spiced Fruit<br>Hamburger Bun/Mustard/Ketchup<br>Seasonal Fruit<br>Lettuce/Tomato |
| <b>19</b><br>Baked Chicken w/ Country Gravy<br>Macaroni & Cheese<br>Mixed Vegetables<br>Confetti Coleslaw<br>Tropical Fruit<br>Seasonal Fruit | <b>20</b><br>Meatballs in Marinara<br>w/ Spaghetti Noodles<br>Green Peas<br>Carrots<br>Dinner Roll<br>Seasonal Fruit<br>Cinnamon Applesauce | <b>21</b><br>Cranberry Chicken<br>Corn O'Brien<br>Broccoli Florets<br>Peaches<br>Diced Pears<br>Baked Cookie  | <b>22</b><br>Honey Baked Chicken<br>Whipped Potatoes<br>Zucchini & Tomatoes<br>Pineapple Tidbits<br>Seasonal Fruit<br>Banana Pudding w/ Wafers | <b>23</b><br>Pork Roast w/ Mushroom Gravy<br>Rice<br>Capri Vegetables<br>Cucumber Salad<br>Mandarin Oranges<br>Oatmeal Crème Cookie  |
| <b>26</b><br>Lemon Pepper Chicken<br>Garden Vegetable Blend<br>Pineapple Cobbler<br>Wheat Bread<br>Seasonal Fruit<br>Confetti Coleslaw        | <b>27</b><br>Swiss Steak<br>Whipped Potatoes<br>Green Beans<br>Texas Bread<br>Mandarin Oranges<br>Seasonal Fruit                            | <b>28</b><br>Honey Mustard Chicken<br>Green Peas<br>Cabbage<br>Dinner Roll<br>Diced Peaches<br>Fruited Gelatin  | <b>29</b><br>Sliced Turkey Breast w/ Turkey Gravy<br>Corn<br>Broccoli<br>Mixed Fruit<br>Diced Pears<br>Baked Cookie                            | <b>30</b><br>Bow Tie Lasagna<br>Glazed Carrots<br>Mixed Vegetables<br>Dinner Roll<br>Seasonal Fruit<br>Cinnamon Applesauce           |