

# September 2023 – Traditional Menu

Mon	Tue	Wed	Thu	Fri
<b><u>Meat Substitute Meal</u></b> Grilled Chicken Tenders Broccoli Vegetable Medley Roll Fruit Fruit Gelatin	<b><u>Vegetable Substitute Meal</u></b> Great Northern Beans Broccoli Vegetable Medley Roll Fruit Fruit Gelatin			1  Hamburger Broccoli Tater Tots Bun / Mustard / Ketchup Lettuce/Tomato Slice/ Pickle Macaroni Salad
4 	5 Baked Spaghetti Green Beans Corn Broccoli Cauliflower Salad Fruit Spinach Salad	6 Chicken Marsala over Egg Noodles Green Peas Cauliflower Cucumber Salad Carrot Raisin Salad Yellow Cake Square	7 Pork Loin w/ Pineapple Glaze Turnip Greens Stewed Apples Wheat Roll Sweet & Sour Coleslaw Blueberry Fluff	8 Beef Goulash Squash & Zucchini Cinnamon Peaches Black Bean Salad Fruit Gelatin Applesauce
11 Carved Ham Cabbage Vegetable Medley Special Potato Salad Fruit Applesauce	12 Shepherd's Pie Stewed Tomatoes Broccoli Broccoli Cauliflower Salad Fruit Gelatin Fruit	13 Baked Mac & Cheese Pinto Beans Collard Greens Cornbread Fruit White Cake Square	14 Beef Stew Vegetable Blend Spinach Fancy Apple Salad Fruit Cookie	15 Chicken Filet Sandwich Oven Browned Potatoes Green Beans Bun/Mayo/Pickles Lettuce/Tomato Slice Fruit
18 Cuban Chicken Turnip Greens Corn Macaroni Salad Fruit Applesauce	19 Baked Fish w/ Red Sauce Vegetable Medley Green Beans Coleslaw Fruit Tropical Fruit Whip	20 Meatloaf w/ Ketchup Glaze Mashed Potatoes w/ Gravy Carrots Wheat Roll Fruit Waldorf Salad	21 Beef Tips over Rice Broccoli Stewed Tomatoes Three Bean Salad Wheat Roll Fruit Gelatin	22 Turkey Sausage Biscuit Scrambled Eggs Hashbrowns Sliced Tomatoes Pineapple Delight Fruit
25 Chicken Ranch Casserole Corn Broccoli Wheat Roll Sweet & Sour Coleslaw Fruit	26 Baked Spaghetti Stewed Tomatoes Squash & Zucchini Tossed Salad w/ Dressing Fruit Applesauce	27 Sweet & Sour Pork Fritter Rice Green Beans Coleslaw Fruit Brownie	28 Chicken & Biscuit Pie Broccoli Carrots Pea Salad Sliced Cucumbers w/ Ranch Dressing Fruit Cocktail	29 Cheesy Beef & Mac Casserole Green Beans Cinnamon Peaches Spinach Salad Fruit Gelatin Fruit