

September Dinner Menu

1 Stuffed Green Peppers Shrimp Jambalaya Oven Browned Potatoes Red Beans & Rice Hacienda Corn and Black Beans Herbed Green Beans Roasted Zucchini Squash & Tomatoes	2 Caribbean Chicken Breast Meatloaf Eggplant Parmesan Mashed Potatoes Islander Rice Harvard Beets Grilled Asparagus Corn Combo	3 Caribbean Chicken Basil Baked Fish Spaghetti w/ Marinara Sauce Parmesan Rice Buttered Parsley Potatoes Savory Summer Squash Peas & Carrots Savory Style Beans	4 Grilled Salmon W/ Citrus Butter Cheese Tortellini W/ Marinara Grilled Steak Rice Pilaf Baked Potato Mushrooms Rosemary Garlic Sautéed Spinach Peas	5 Savory Baked Chicken Grilled Salmon w/ Citrus Butter Beef and Corn Pie Scalloped Potatoes Steamed Rice Carrots Creamed Corn Fried Cabbage	6 Turkey A La King Teriyaki Pork Steak Buttered Egg Noodles Roasted Redskin Potatoes Fried Cabbage Mixed Vegetables Steamed Corn	7 Baked Turkey Roulade Florentine Baked Fish w/ Lemon Garlic Butter Spanish Rice Rosemary Roasted Potato Wedge Simmered Pinto Beans Garlic Peas Carrots
8 Chicken Parmesan Baked Salmon Rice Pilaf Jefferson Noodles Roasted Zucchini Squash and Tomatoes Cauliflower Combo Green Beans	9 Chicken Fajitas Southwestern Fish Pasta Toscano Roasted Pepper Potatoes Mexican Rice Carrots on the Griddle Fried Cauliflower Creamed Corn	10 Chicken w/ Dumplings Grilled Salmon w/ Citrus Butter Veal Parmesan Potatoes and Herbs Steamed Rice Japanese Stir Fry Vegetables Zucchini Fritters Peas	11 Asian BBQ Turkey Mediterranean Salmon Turkish Sultan Adana Kebab Turkish Sultan Onion Salad Long Grain & Wild Rice Orzo w/ Lemon Herbs Broccoli Green Beans Mixed Vegetables	12 Turkey and Spinach Meatloaf Oven Fried Fish Swiss Steak w/ Brown Gravy Rice Pilaf Garlic Mashed Potatoes Green Beans w/ Mushroom Fried Cabbage Savory Summer Squash Sautéed Mushrooms & Onions	13 Beef and Corn Pie Pork Roast Tenderloin Baked Macaroni and Cheese Oven Browned Potatoes Cauliflower Corn on the Cob Boston Baked Beans	14 Herbed Baked Chicken Spaghetti w/ Marinara Sauce Spinach & Tomato Orzo Buttered Parsley Potatoes Peas w/ Onions Zucchini & Yellow Squash Casserole Cabbage, Stir Fry, Oriental
15 Fried Shrimp Asian BBQ Turkey Crispy Potato Wedges Steamed Rice Carrots Baked Sweet Potato Spinach Club	16 Creole Fish Fillets Ginger BBQ Chicken Grilled Steak Red Beans & Rice Baked Potato Grilled Asparagus Broccoli Mushroom Rosemary	17 Turkey A La King Stuffed Green Peppers Beef Mexican Pork Chops Mashed Potatoes Long Grain & Wild Rice Mixed Vegetables Simmered Pinto Beans Corn Calico	18 Cheese Manicotti Chicken Parmesan Beef and Corn Pie Buttered Egg Noodles Baked Potato Halves Roasted Carrots w/ Rosemary Spinach Peas w/ Onions	19 Baked Florentine Turkey Roulade Salisbury Steak Pork Schnitzel Lyonnaise Potatoes Rice Pilaf Mixed Vegetables Roasted Cauliflower Braised Cabbage	20 Asian BBQ Turkey Baked Salmon Pepper Steak Steamed Rice Buttered Egg Noodles Peas & Carrots Spinach Herbed Green Beans	21 BBQ Chicken Polish Sausage Spinach & Tomato Orzo Crispy Potato Wedges Sautéed Peppers and Onions Black Eyed Peas Green Beans Boston Baked Beans
22 Parmesan Cod Swiss Steak w/ Brown Gravy Long Grain & Wild Rice Garlic Mashed Potatoes Peas and Carrots Roasted Zucchini Squash and Tomatoes Grilled Asparagus	23 Turkey and Spinach Meatloaf Baked Fish w/ Lemon Garlic Butter Cantonese Spareribs Baked Macaroni and Cheese Steamed Rice Broccoli Parmesan Corn on the Cob Roasted Cauliflower	24 Southwestern Fish Roast Turkey Hamburger Yakisoba Corn Bread Dressing Long Grain & Wild Rice Mixed Vegetables Carrots French Green Beans	25 Ginger BBQ Chicken Onion-Lemon Baked Fish Roast Rib of Beef Jefferson Noodles Mashed Potatoes Mushrooms Rosemary Harvard Beets Spinach Club	26 Jamaican Chicken Caribbean Catfish Mambo Pork Roast Red Beans and Rice Baked Sweet Potato Cauliflower Creamed Corn Fried Cabbage	27 Chicken Fajitas Grilled Salmon w/ Citrus Butter Grilled Pork Chops Franconia Potatoes Mexican Rice Hacienda Corn and Black Beans Mediterranean Grilled Asparagus Peas & Carrots	28 Baked Fish w/ Lemon Garlic Butter Chicken Teriyaki Steamed Rice Garlic and Soy Roasted Potatoes Japanese Stir Fry Vegetables Fried Cabbage Scalloped Corn
29 Jamaican Chicken Caribbean Catfish Mambo Pork Roast Red Beans and Rice Baked Sweet Potato Cauliflower Creamed Corn Fried Cabbage	30 Chicken Fajitas Grilled Salmon w/ Citrus Butter Grilled Pork Chops Franconia Potatoes Mexican Rice Hacienda Corn and Black Beans Mediterranean Grilled Asparagus Peas & Carrots					