

September Lunch Menu

1 Cajun Baked Fish Orange Rosemary Honey Glazed Pork Chop Rice Pilaf Baked Sweet Potato Broccoli Green Beans Carrots On the Griddle	2 Cranberry Glazed Chicken Orzo w/ Spinach, Tomato & Onion Hamburger Yakisoba Steamed Rice Mashed Potatoes Peas & Carrots Roasted Cauliflower Green Beans	3 Swedish Turkey Meatballs Spinach Lasagna Pork Adobo Roasted Pepper Potatoes Buttered Egg Noodles Tempura Vegetables Corn Calico Mixed Vegetables	4 Ginger BBQ Chicken Lemon Pepper Cattfish Chili Mac Potatoes & Herbs Savory Summer Squash Succotash Spanish Style Beans	5 Creole Fish Fillets Salisbury Steak Southern Fried Chicken Baked Macaroni and Cheese Hopping John Rice Corn on the Cob Baked Beans Spinach	6 Hot and Spicy Chicken Baked Salmon Stuffed Baked Pork Chops Long Grain & Wild Rice Potato Au Gratin Glazed Carrots Harvard Beets Herbed Green Beans	7 Chicken Kabob Cheese Manicotti Orzo w/ Lemon and Herbs Garlic Mashed Potatoes Zucchini Fritters Broccoli Parmesan Roasted Cauliflower
8 Stuffed Peppers Parmesan Crusted Pork Baked Sweet Potato Lyonnais Potatoes Scalloped Corn Spinach Roasted Carrots w/ Rosemary	9 Baked Turkey & Noodles Basil Baked Fish Ranchero Steak Rice w/ Broccoli and Cheese Oven Brown Potatoes Sautéed Mushrooms & Onions Spanish Style Beans Peas and Carrots	10 Grilled Honey Sriracha Chicken Shrimp Jambalaya Grilled Pork Chops Steamed Rice Baked Macaroni and Cheese Grilled Asparagus Peas & Carrots Hacienda Corn and Black Beans	11 Cheese Tortellini w/ Marinara Turkey Breast Fillet Braised Spareribs Corn Bread Dressing Rosemary Roasted Potato Wedge Green Beans Grilled Asparagus Cauliflower Parmesan	12 Baja Baked Cod Grilled Steak Spinach Lasagna Roasted Pepper Potatoes Southwestern Rice Simmered Pinto Beans Mexican Corn Mixed Vegetables	13 Jerk Roast Turkey Eggplant Parmesan Baked Fish w/ Lemon Garlic Butter Steamed Rice Hacienda Potatoes Broccoli Green Beans Succotash	14 Baked Chicken Cajun Meatloaf Franconia Potatoes Long Grain & Wild Rice Savory Summer Squash Garlic Spinach Black Eyed Peas
15 Southern Fried Cattfish Zesty Pork Chops Rice Pilaf Mashed Potatoes Japanese Vegetable Stir Fry Herbed Green Beans Cauliflower	16 Spaghetti w/ Turkey Meat Sauce Grilled Salmon w/ Citrus Butter Stuffed Baked Pork Chops Jefferson Noodles Rice Pilaf Cauliflower Parmesan French Green Beans	17 Cranberry Glazed Chicken Veal Parmesan Baked Fish w/ Lemon Garlic Butter Potatoes and Herbs Spanish Rice Savory Summer Squash Fried Cabbage Creamed Corn	18 Turkey and Spinach Meatloaf Shrimp Kabob Oriental Pepper Steak Franconia Potatoes Steamed Rice Japanese Stir Fry Vegetables Corn on the Cob Grilled Asparagus	19 Parmesan Cod Chicken Enchiladas Teriyaki Pork Steak Steamed Rice Hacienda Potatoes Spanish Style Beans Sesame Glazed Green Beans Succotash	20 Chicken Kabob Orzo w/ Spinach, Tomato, and Onion Stuffed Baked Fish Roasted Rosemary Potato Wedge Long Grain & Wild Rice Hacienda Corn and Black Beans Roasted Zucchini Squash and Tomatoes Mediterranean Grilled Asparagus	21 Southern Fried Cattfish BBQ Ribs Hopping John Rice Baked Sweet Potatoes Mixed Vegetables Fried Cabbage Savory Style Beans
22 Jerk Roast Turkey Grilled Pork Chops Rice Pilaf Risssole Potatoes Fried Cabbage Creamed Corn Corn Calico	23 Creole Fish Fillets Cajun Chicken Grilled Steak Franconia Potatoes Rice w/ Broccoli and Cheese Green Beans Cauliflower Savory Summer Squash	24 Baked Chicken Veal Parmesan Sweet and Spicy Orange Salmon Baked Potato Oriental Rice Peas Tempura Vegetables Japanese Stir Fry Vegetables	25 Parmesan Cod Ground Turkey Lasagna Salisbury Steak Rice Pilaf Garlic Mashed Potatoes Creamed Corn Broccoli Parmesan Grilled Asparagus	26 Honey Ginger Chicken Beef and Corn Pie Pork Adobo Lyonnais Potatoes Fried Rice with Eggs Peas Succotash Mixed Vegetables	27 Chili Mac Asian BBQ Turkey Oven Fried Fish Rice Pilaf Crispy Potato Wedges Broccoli Black Eyed Peas Spinach	28 Salmon w/ Maple Ginger Glaze Turkey A La King Steamed Rice Baked Potato Halves Garlic Peas Zucchini Fritters Cabbage, Stir Fry, Oriental
29 Honey Ginger Chicken Beef and Corn Pie Pork Adobo Lyonnais Potatoes Fried Rice with Eggs Peas Succotash Mixed Vegetables	30 Chili Mac Asian BBQ Turkey Oven Fried Fish Rice Pilaf Crispy Potato Wedges Broccoli Black Eyed Peas Spinach					