

# September Dinner Menu

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|--|--|--|--|---|--|--|
|  |  | <p>1<br/>Swedish Turkey Meatballs<br/>Fish Veracruz<br/>Grilled Pork chops<br/>Garlic &amp; Soy Roasted Potatoes<br/>Hopping John Rice<br/>Tempura Vegetables<br/>Okra Mèlange<br/>Broccoli</p>                | <p>2<br/>Beef Pot Roast<br/>Lemon Pepper Catfish<br/>Stir Fry Chicken w/ Broccoli<br/>Potatoes &amp; Herbs<br/>Pork Fried Rice<br/>Savory Summer Squash<br/>Broccoli Polonaise<br/>Sesame Glazed Green Beans</p> | <p>3<br/>Hungarian Goulash w/ Noodles<br/>Chicken Florentine<br/>Grilled Bratwurst<br/>Lyonnais Potatoes<br/>Rice Pilaf<br/>Carrots on the Griddle<br/>Roasted Cauliflower<br/>Braised Cabbage</p>                                  | <p>4<br/>Hot &amp; Spicy Chicken<br/>Polynesian Fillet<br/>Quick &amp; Easy Chow Mein<br/>Long Grain &amp; Wild Rice<br/>Baked Potato Halves<br/>Honey Glazed Pea Pods<br/>Harvest Beets<br/>Corn</p>                                  | <p>5<br/>Honey Ginger Chicken<br/>Cheese Manicotti<br/>Polish Sausage<br/>Spicy Brown Pilaf Rice<br/>Garlic mashed potatoes<br/>Succotash<br/>Sautéed Collard Greens w/ Garlic<br/>Stewed tomatoes</p>       |
| <p>6<br/>Beef Fajita Quinoa<br/>Pork Chops w/ Pineapple Asian Glaze<br/>Parmesan Crusted Cod<br/>Mashed Potatoes<br/>Steamed Rice<br/>Creamed Corn<br/>Spinach<br/>Roasted Carrots w/ Rosemary</p>                 | <p>7<br/>Baked Turkey &amp; noodles<br/>Baja Fish Tacos<br/>Ranchero Steak<br/>Southwestern Rice<br/>Quinoa Southwest Pilaf<br/>Hacienda Corn &amp; Black Beans<br/>Spanish Style Beans<br/>Mixed Vegetables</p>                           | <p>8<br/>Southern Fired Chicken<br/>Shrimp Jambalaya<br/>Baked Dijon Pork chip<br/>Brown Rice w/ Tomato<br/>Baked Mac &amp; cheese<br/>Grilled Asparagus<br/>Southern style Collard Greens<br/>Baked Beans</p> | <p>9<br/>Cheese Tortellini w/ Marinara<br/>Turkey Brest Fillet<br/>BBQ Spareribs<br/>Corn Bread Dressing<br/>Rosemary Roasted Potato Wedge<br/>Cauliflower Au Gratin<br/>French Style Green Beans</p>            | <p>10<br/>Spicy Catfish Po'boy<br/>Cajun Chicken<br/>Stuffed Green Peppers<br/>Red Beans &amp; Rice<br/>Roasted Pepper Potatoes<br/>Cajun Style Vegetables<br/>Herbed Green beans<br/>Fired Okra</p>                                | <p>11<br/>Jerk Roast Turkey<br/>Grilled Salmon w/ Citrus Butter<br/>Lasagna<br/>Baked Sweet Potatoes<br/>Steamed Rice<br/>Pease &amp; Carrots<br/>Fries cauliflower<br/>Succotash</p>  | <p>12<br/>Baked Chicken<br/>Lemon Basil Shrimp Pasta<br/>Ground Beef Enchiladas<br/>Franconia Potatoes<br/>Brown Rice<br/>Roasted Butternut Squash<br/>Corn Combo<br/>Black Eyed Peas</p>                    |
| <p>13<br/>Asian BBQ Turkey<br/>Eggplant Parmesan Braised Beef &amp; Noodles<br/>Harvest Blend Rice<br/>Garlic Mashed Potatoes<br/>Japanese Vegetable Stir Fry<br/>Brussel Sprouts<br/>Green beans w/ Feta</p>      | <p>14<br/>Spaghetti w/ Turkey Meat sauce<br/>Southwestern Sweet potatoes Black Beans &amp; Corn<br/>Stuffed Baked Pork Chops<br/>Jefferson Noodles<br/>Quinoa Garden Pilaf<br/>Greek Style Grilled vegetables<br/>Broccoli<br/>Carrots</p> | <p>15<br/>Honey Mustard Chicken Breast<br/>Hot Italian Sausage Sandwich<br/>Beef Fajitas<br/>Potatoes &amp; Herbs<br/>Fried Rice w/ Eggs<br/>Hacienda Green beans<br/>Vegetable Medley<br/>Glazed Carrots</p>  | <p>16<br/>Grilled Honey Sriracha Chicken<br/>Shrimp Scampi<br/>Mexican Pork Chops<br/>Franconia potatoes<br/>Spicy Brown Pilaf Rice<br/>Harvest Veg &amp; Bean Ragout<br/>Corn on the Cobb<br/>Cauliflower</p>   | <p>17<br/>Stir Fry Chicken w/ Broccoli<br/>Cheese Manicotti<br/>BBQ Beef Cubes<br/>Spanish Rice<br/>Barley w/ Winter Vegetables<br/>Spanish Style Beans<br/>Carrots on the Griddle<br/>Succotash</p>                                | <p>18<br/>Chicken Cacciatore<br/>Lasagna<br/>Stuffed Baked Fish<br/>Roasted Rosemary Potato Wedge<br/>Brown Rice w/ Tomato<br/>Hacienda Corn &amp; Black Beans<br/>Roasted carrots w/ Rosemary<br/>Mediterranean Grilled Asparagus</p> | <p>19<br/>Stuffed Green Peppers w/ Turkey &amp; Lentils<br/>Broccoli Quiche<br/>Roast Beef<br/>Hopping John Rice<br/>Glazed Sweet Potatoes<br/>Green Beans w/ Mushrooms<br/>Con Combo<br/>Broccoli Combo</p> |
| <p>20<br/>Jerk Roast Turkey<br/>BBQ Brisket<br/>Grilled Pork Chops<br/>Quinoa Southwest Pilaf<br/>Rissolle Potatoes<br/>Savoy Style Beans<br/>Mediterranean Lima Beans<br/>Corn Combo</p>                          | <p>21<br/>Marinated Tomatoes w/ Penne &amp; Basil<br/>Cajun Chicken<br/>Beef Stew<br/>Garlic Mashed Potatoes<br/>Long Grain &amp; Wild Rice<br/>Green Beans<br/>Spinach<br/>Savory Summer Squash</p>                                       | <p>22<br/>Baked Florentine Turkey<br/>Braised Beef &amp; Noodles<br/>Sweet &amp; Spicy Orange Salmon<br/>Baked Potato<br/>Oriental Rice<br/>Peas<br/>Tempura Vegetables<br/>Oriental Stir Fry Cabbage</p>      | <p>23<br/>Fish Onion-Lemon Baked<br/>Ground Turkey Lasagna<br/>Yankee Pot Roast<br/>Orzo w/ Lemon &amp; herbs<br/>Baked Sweet Potatoes<br/>Corn<br/>Green Beans w/ Feta<br/>Roasted Carrots w/ Rosemary</p>      | <p>24<br/>Honey Ginger Chicken<br/>Tuna Noodles<br/>Cantonese Spareribs<br/>Sweet potatoes Southern Styles<br/>Spicy Brown Pilaf Rice<br/>Honey Glazed Pea Pods &amp; carrots<br/>Japanese Stir Fry Vegetables<br/>Creamed Corn</p> | <p>25<br/>Chili Mac<br/>Baked Chicken<br/>Oven Fried Fish<br/>Rice Pilaf<br/>Crispy Potato Wedges<br/>Harvest Beets<br/>Black Eyed Peas<br/>French Style Peas</p>  | <p>26<br/>Beef Stir Fry<br/>Salmon w/ Maple Ginger Glaze<br/>Chicken Bulgogi<br/>Brown Rice<br/>O'Brien Potatoes<br/>Brown Rice<br/>Garlic Peas<br/>Mixed Vegetables<br/>Fried Cauliflower</p>               |
| <p>27<br/>Bourbon Chicken<br/>Baked Dijon Pork Chops<br/>Shrimp Jambalaya<br/>Baked Mac &amp; Cheese<br/>Red Beans &amp; Rice<br/>Mexican Corn<br/>Cajun Style Vegetables<br/>Sautéed Collard Greens w/ Garlic</p> | <p>28<br/>Caribbean Chicken Breast<br/>Meat Loaf<br/>Eggplant Parmesan<br/>Mashed potatoes<br/>Island Rice<br/>Cauliflower Parmesan<br/>Grilled Asparagus<br/>Corn Combo</p>   | <p>29<br/>Mr. Z's baked chicken<br/>Meat Loaf<br/>Cheese Tortellini w/ Marinara<br/>Parmesan Rice<br/>Buttered parsley Potatoes<br/>Summer Squash<br/>Peas &amp; Carrots<br/>Green Beans w/ Mushroom</p>       | <p>30<br/>Savory Baked Chicken<br/>Almond Crusted Cod<br/>Grilled Steak<br/>Harvest Blend Rice<br/>Sweet Potatoes Southern Style<br/>Mushroom Rosemary<br/>Corn on the Cobb<br/>Spinach Club</p>                 |   |  |  |