

September Lunch Menu

		1 Mr. Z's baked chicken Baja Baked Cod Cheese Tortellini w/ Marinara Parmesan Rice Buttered parsley Potatoes Summer Squash Peas & Carrots Green Beans w/ Mushroom	2 Savory Baked Chicken Almond Crusted Cod Grilled Steak Harvest Blend Rice Sweet Potatoes Southern Style Mushroom Rosemary Corn on the Cobb Spinach Club	3 Herbed Baked chicken Creole Shrimp Pepper Steak Scalloped Potatoes Brown Rice w/Tomato Carrots Curried Cauliflower Corn Calico	4 Asian BBQ Turkey Baked Fish w/ Lemon Garlic Butter Teriyaki Pork Steak Buttered Egg Noodles Roasted Redskin Potatoes Herbed Green Beans Asparagus Roasted Brussel Sprouts	5 Honey Ginger Chicken Cheese Manicotti Polish Sausage Spicy Brown Pilaf Rice Garlic mashed potatoes Succotash Sautéed Collard Greens w/ Garlic Stewed tomatoes
6 Chicken Parmesan Cajun Baked Fish Sweet Chili BBQ Meatballs Barley Pilaf Jefferson Noodles Roasted Zucchini Squash & Tomatoes Corn O'Brien Okra Mélange	7 Cucumber & Onion Salad Fruit Salad Potato Salad Chicken Florentine Grilled Salmon w Citrus Butter Grilled Pork Chops Scalloped Potatoes Harvest Blend Rice Creamed Corn Green Beans w/Feta Roasted Carrots w/Rosemary	8 Basil Baked Fish Stir Fries Garden Vegetables Potato Salad & Brown rice Beef Bulgogi Potatoes & Herbs Couscous w/ Artichokes, Feta, & Sun Dried Tomatoes Braised cabbage Cauliflower Combo Sesame Glazed Green Beans	9 Spicy Chicken Shawarma Mediterranean Quinoa cakes Marinated tofu & Brown rice Brown Rice w/ Vegetables Sicilian Orzo w/ Lemon & Herbs Olive-Oil Braised carrots w/ Warm Spices Greek Style Grilled Vegetables Peas w/ Mushrooms & Onions	10 Turkey & Spinach Meatloaf Pork Roast Tenderloin Swiss Steak w/ brown Gravy Quinoa Garden Pilaf Buttered Egg Noodles French style Peas Country style vegetables Summer Squash	11 BBQ Chicken Beef Yakisoba Lemon Baked Fish Southwestern Rice Oven Browned Potatoes Broccoli Polonaise Corn on the Cobb Boston Baked Beans	12 Baked Chicken Lemon Basil Shrimp Pasta Ground Beef Enchiladas Franconia Potatoes Brown Rice Roasted Butternut Squash Corn Combo Black Eyed Peas
13 Turkey Lentil Chili Shrimp Stir Fry Braised Spare ribs Crispy Potatoes Wedges Steamed Rice Collard Greens Savory Style Beans Cauliflower combo	14 Barley & Spinach Stew Basil Baked Fish Grilled Steak Long Grain & Wild Rice Baked Potato Grilled Asparagus Cauliflower parmesan Mushrooms Rosemary	15 Spinach Lasagna Fish w/ Southwest Salsa Savory Baked Chicken Mashed Potatoes Corn Breas Dressing Mixed vegetables Mixed Pinto Beans Con calico	16 Lemon Peeper Baked Chicken Caribbean catfish Beef & corn Pie Sicilian Brown Rice w/ Vegetable Barley Pilaf Oriental Stir Fry cabbage Cauliflower Au Gratin Peas w/ Onions	17 Teriyaki Chicken Pork Adobo Shrimp Stir Fry Garlic & Soy Roasted Potatoes Steamed Rice Japanese Stir Fry Vegetables Sesame Glazed Green beans Zucchini & Yellow squash Casserole	18 Turkey Nuggets Baked Fish w/ Lemon garlic Butter Pepper Steak Brown Rice Sweet Potatoes Southern style Corn O'Brien Roasted Cauliflower Herbed Green Beans	19 Stuffed Green Peppers w/ Turkey & Lentils Broccoli Quiche Roast Beef Hopping John Rice Glazed Sweet Potatoes Green Beans w/ Mushrooms Con Combo Broccoli Combo
20 Bourbon Chicken Baked Salmon Swiss Steak w/ Brown Gravy Jefferson Noodles Roasted Reskin Potatoes Peas & carrots Stewed Tomatoes Green beans w/ Mushroom	21 Creole Fish Fillets Pasta Toscana Braised Spare ribs Spinach & tomato Orzo Buttered Parsley Potatoes Broccoli Parmesan Corn On the Cobb Olive-Oil Braised Carrots w/ Warm Spices	22 Crispy Oven-Baked Chicken Mediterranean Quinoa Cakes Beef Bulgogi Parmesan Rice Lyonnaise Potatoes Roasted Brussel Sprouts Carrots Hash Sweet Potato & Barley	23 Chicken Breast Dijon Stir Fried Garden Vegetable w/ marinated Tofu & Brown Rice Pineapple BBQ Meatballs Buttered Egg Noodles Glazed Sweet Potatoes Roasted Zucchini Squash & Tomatoes Cauliflower French Style Peas	24 Greek Lemon Turkey Pasta Turkish Sultan Adana Kebab Mediterranean Salmon Couscous w/ Artichoke, Feta, Sun Dried Tomatoes Mashed Potatoes Greek Style Grilled Vegetables Curries Cauliflower Zucchini Fritters	25 Grilled Chicken w/ Mustard Sauce Marinated Tomatoes w/ Penne and basil Parmesan Cod Franconia Potatoes Dirty Rice Italian Style Baked Beans Vegetable Medley Glazed Carrots	26 Fish Lemon Baked Chicken Parmesan BBQ Beef Cubes Oven Browned Potatoes Steamed Rice Roasted Butternut Squash Mediterranean Grilled Asparagus Hacienda Green Beans
27 Beef Ball Stroganoff Spaghetti w/ Turkey Meat Sauce Orange Rosemary Honey Glazed Pork Chops Barley Pilaf Baked Sweet Potato Broccoli Garlic Sautéed Spinach Carrots on the Griddle	28 Cranberry Glazed Chicken Orzo w/ Spinach, tomato, & Onion Hamburger Yakisoba Quinoa Garden Pilaf Rissolle Potatoes Mediterranean Lima Beans Cauliflower Combo Green Beans	29 Swedish Turkey Meatballs Fish Veracruz Grilled Pork chops Garlic & Soy Roasted Potatoes Hopping John Rice Tempura Vegetables Okra Mélange Broccoli	30 Beef Pot Roast Lemon Pepper Catfish Stir Fry Chicken w/ Broccoli Potatoes & Herbs Pork Fried Rice Savory Summer Squash Broccoli Polonaise Sesame Glazed Green Beans			