




MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Regular Meals ONLY. No Alternate Meals during the month of September.</p>	<p>1 Creamed Chicken over White Rice (30) Seasoned California Blend Vegetables (18) Fresh Baked Rolls (16) Pineapple Tidbits (07)</p>	<p>2 Malibu Chicken with Honey Mustard Sauce (08) Au Gratin Potatoes (22) Seasoned Green Beans (02) Fresh Baked Roll (16) Cottage Cheese with Fruit (12)</p>	<p>3 Ms. Helen's Cheesy Beef Lasagna (19) Garden Fresh Squash (02) Fresh Garlic Roll (15) Fresh Apple (15) Fresh Baked Cookie Bar (15)</p>	<p>4 Kalua Pork (00) Hawaiian Rice (25) Seasoned Corn (14) Pineapple Tidbits (07) Fresh Baked Rolls (15)</p>
	<p>7</p>  <p>NO MEAL</p>	<p>8 Rigatoni Pasta with Meat Sauce (25) Garden Green Salad (02) Fresh Baked Garlic Roll (15) Green Beans (02) Seasonal Fruit Crisp (67)</p>	<p>9 Grilled Chicken Breast (08) Mashed Potatoes & Gravy (25) Crinkle Cut Carrots (12) Apple (28) Fresh Baked Roll (16)</p>	<p>10 Santa Fe Shredded Turkey on Brown Rice (30) Roasted Corn (14) Black Beans (23) Fresh Baked Roll (16) Orange (22)</p>
<p>14 Black Angus Meat Loaf (3) Garlic Mashed Potatoes & Gravy (27) Roasted Corn (14) Fresh Baked Roll (15) Jell-O Cup with Fruit (90)</p>	<p>15 Cured Honey Baked Ham (00) Scalloped Potatoes (13) Diced Beets (06) Fresh Baked Corn Bread (33) Assorted Tropical Fruit (08)</p>	<p>16 Savory Chicken Salad Wrap (18) Italian Pasta Salad (20) Kosher Pickle Spears (00) Diced Pears (19)</p>	<p>17 Teriyaki Chicken Bowl (8) Steamed Brown Rice (21) Fresh Steamed Broccoli (04) Fresh Apple (28) Fortune Cookie (24)</p>	<p>18 Roast Turkey Breast (03) Garlic Mashed Potatoes & Turkey Gravy (25) Crinkle Cut Carrot (06) Fresh Baked Roll (15) Mandarin Oranges (11)</p>
<p>21 Salisbury Steak (05) Garlic Mashed Potatoes and Gravy (27) Mixed Vegetables (12) Fresh Baked Roll (15) Diced Pears (19)</p>	<p>22 Homemade Chicken Pot Pie (14) Fresh Baked Biscuit (25) Garden Green Salad (2) Jackie's Cake (28)</p>	<p>23 Barbeque Pork Rib Sandwich (20) Crisp Potato Wedges (18) Fresh Seasoned Squash (2) Mixed Fruit & Jell-O Cup (90)</p>	<p>24 Hearty Beef and Vegetable Stew (14) Brown Rice (30) Fresh Corn Bread (33) Apple Sauce (28)</p>	<p>25 Grilled Hamburgers with Fresh Baked Bun (17) Lettuce and tomato (01) Roasted Corn (14) Cinnamon Applesauce (14)</p>
<p>28 Sweet and Sour Chicken (30) Steamed White Rice (21) Stir Fried Vegetables (12) Mandarin Oranges (11) Fortune Cookie (24)</p>	<p>29 Swedish Meatballs (39) Steamed White Rice (21) Seasoned Carrots (06) Peaches (18) Fresh Baked Roll (16)</p>	<p>30 Country Fried Steak (4) Mashed Potatoes & Gravy (27) Mixed Vegetables (12) Fresh Baked Roll (15) Diced Pears (18)</p>	<p>Suggested donation \$3/meal</p> <p>Menu subject to change</p>	<p>Low fat milk (12) is provided with each meal</p> <p>Numbers in parentheses represent carbohydrate count</p>