

SEPTEMBER COLD LUNCH MENU

	Tuesday, September 2	Wednesday, September 3	Thursday, September 1	Friday, September 2
			Grilled Chicken Caesar Salad Greek chickpea salad (chickpeas, red onion, cucumber) Peaches	Tuna Salad Platter Broccoli Salad w/craisins Fruit cocktail
Monday, September 5	Tuesday, September 6	Wednesday, September 7	Thursday, September 8	Friday, September 9
LABOR DAY – CENTER CLOSED	Asian Chicken Salad Mandarin Oranges Sesame Pasta Salad w/peppers Cocoa Muffin	Roast Beef Special Cole Slaw Dill marinated cucumber salad Pears	Seafood Salad & Hard Boiled Egg Platter Marinated Green Bean Salad w/almonds Berry applesauce	Turkey Hoagie Potato Salad Mandarin Oranges
Monday, September 12	Tuesday, September 13	Wednesday, September 14	Thursday, September 15	Friday, September 16
Tuna Salad Platter Broccoli Salad w/craisins Fruit cocktail	Egg Salad Platter Summer Salad Three Bean Salad Sugar Cookie	Sliced chicken & cheddar pita Health salad Vegetable pasta salad Cinnamon applesauce	House salad w/grilled chicken Chopped cucumber slices, red onion, tomato Macaroni Salad Fresh Pear	Southwest Chicken Salad Corn, black bean, pepper salad Marinated tomato salad Fruit Cocktail
Monday, September 19	Tuesday, September 20	Wednesday, September 21	Thursday, September 22	Friday, September 23
Seafood Salad & Hard Boiled Egg Platter Marinated Green Bean Salad w/almonds Fresh Peach	Chicken, tomato & mozzarella salad Marinated tomatoes Bowtie Pasta Salad Applesauce	Turkey Salad Platter Pickled beet salad Carrot & raisin salad Mandarin oranges	Deli Sandwich (Turkey, Turkey Ham, Roast Beef) on Hamburger Roll Italian Vegetable Salad White bean and tomato salad Cinnamon banana muffin	Spinach Salad Cold couscous salad Pears
Monday, September 26	Tuesday, September 27	Wednesday, September 28	Thursday, September 29	Friday, September 30
Egg Salad Platter Summer Salad Three Bean Salad Sugar Cookie	Grilled Chicken Caesar Salad Greek chickpea salad (chickpeas, red onion, cucumber) Peaches	Tuna Salad Platter Broccoli Salad w/craisins Fruit cocktail	Chicken Salad on Romaine Lettuce Three Bean Salad Marinated Carrot Salad Applesauce	Honey Dijon Turkey & Swiss Sandwich Homemade Pasta Salad Cole Slaw Fresh Plum

SEPTEMBER HOT LUNCH MENU

			Thursday, September 1	Friday, September 2
			Chicken w/white wine sauce Brown rice w/peas & carrots Green beans Almondine Berry Applesauce	Mushroom & Swiss burger Mashed potatoes Cole slaw Mandarin Oranges
Monday, September 5	Tuesday, September 6	Wednesday, September 7	Thursday, September 8	Friday, September 9
LABOR DAY – CENTER CLOSED	Chicken w/mustard cream sauce Brussel sprouts w/craisins Roasted red potatoes Oatmeal cookie	Eggs Florentine Marinated tomato & onion salad Hashbrowns Cinnamon Applesauce	Teriyaki Fish Fried brown rice Asian blend vegetables Fresh Pear	Bowties w/bolognese sauce Broccoli Carrots Fruit Cocktail
Monday, September 12	Tuesday, September 13	Wednesday, September 14	Thursday, September 15	Friday, September 16
Cheese raviolis w/roasted red pepper sauce Spinach & carrots Cauliflower Fresh Peach	Sliced Turkey w/gravy Traditional stuffing Cranberry glazed carrots Applesauce	Baked Fish w/lemon & capers Buttered parsley potatoes Mixed vegetables Mandarin oranges	BBQ Pork Marinated broccoli salad Corn Cinnamon banana muffin	Salisbury Steak Mashed potatoes Peas & onions Pears
Monday, September 19	Tuesday, September 20	Wednesday, September 21	Thursday, September 22	Friday, September 23
Garlic Brown Sugar Chicken Apple glazed sweet potatoes Brussel sprouts Sugar cookie	Grilled Chicken Parm Rotini Sautéed spinach w/diced carrots Applesauce	Spanish Omelet Hashbrowns Pear crisp Fresh Plum	Cheeseburger Meatloaf w/onions Potato wedges Marinated fresh green bean salad Peaches	Sesame Beef w/peppers Broccoli Brown rice Fruit cocktail
Monday, September 26	Tuesday, September 27	Wednesday, September 28	Thursday, September 29	Friday, September 30
Beef Stew Potatoes Peas Fresh Orange	Chicken w/white wine sauce Brown rice w/peas & carrots Green beans Almondine Berry Applesauce	Mushroom & Swiss burger Mashed potatoes Cole slaw Mandarin Oranges	Lasagna Broccoli, cauliflower & carrots Unsweetened Apples Cocoa Muffin	Chicken Alfredo Broccoli Penne Pears