

SEPTEMBER 2021

*****MENU SUBJECT TO CHANGE/SUBSTITUTION PENDING AVAILABILITY OF ITEMS*****

MONDAY					TUESDAY					WEDNESDAY					THURSDAY					FRIDAY				
6					7					8					9					10				
LABOR DAY CLOSED					Brown Gravy Salisbury Steak Baked Sweet Potato Roasted Zucchini					Sweet and Sour Chicken Breasts with White Rice Steamed Broccoli					Baked Breaded Fish Peas and Pearl Onions Steamed Carrots					Arroz con Pollo/Chicken Breast and Rice with Yellow Plantains Steamed Green Beans				
13					14					15					16					17				
Baked Macaroni and Cheese Roasted Zucchini Steamed Green Beans					Teriyaki Chicken Thighs with White Rice Sauted Spinach					Creamy Beef & Mushroom Sauce with Egg Noodles Steamed Broccoli Carrots					Tilapia with Creole Sauce with Mashed Sweet Potatoes Steamed Green Beans					Chicken Parmesan with Homemade Tomato Sauce and Pasta Steamed Broccoli Collard Greens				
20					21					22					23					24				
Meatballs with Homemade Tomato Sauce and Pasta Steamed Broccoli Steamed Green Beans					Glazed Honey Balsamic Chicken with Rice Pilaf Carrots					Brown Gravy Meatloaf with Garlic Mashed Potatoes Sauted Zucchini					Baked Fish Fillets -OR- Sweet Potato Coconut Curry Fish & Brown Rice Steamed Broccoli Fruited Jello					BBQ Chicken Breasts with Garlic and Rosemary Roasted Potatoes Collard Greens				
27					28					29					30					1				
Honey Mustard Chicken Breast with Garlic Mashed Potatoes Baby Carrots & Parsley					Jumbo Stuffed Shells with Meat Sauce Sauted Zucchini Steamed Green Beans					Coconut Chicken Curry with Broccoli and Tomato & Cous Cous Steamed Cauliflower					Teriyaki Baked Fish & White Rice Steamed Broccoli					Spanish Styled Baked Chicken & Yellow Plantains Steamed Green Beans				

All meals will be accompanied by a carton of milk, whole wheat bread, margarine, juice, and a piece of fruit (fruit & juice vary every day).