



SEPTEMBER 2024 - HOT STANDARD MENU



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
1 Cheese Ravioli w/ Tomato Sauce California Blend Vegetables <i>Fruit or Juice</i>	2 Stuffed Shells w/ Cheese & Beef Meat Sauce w/ Peppers and Onions California Blend Vegetables <i>Fruit or Juice</i>	3 Honey Mustard Chicken Drumstick Orzo Steamed Cauliflower Steamed Green Beans <i>Fruit or Juice</i>	4 Comforting Lentil and Bean Chili Egg Barley with Mushrooms Normandy Blend <i>Fruit or Juice</i>	5 Chicken Francaise Yellow Rice Capri Blend Vegetables <i>Fruit or Juice</i>	6 Homemade Coconut Breaded Fish Broccoli and Red Peppers Cuban Black Beans <i>Fruit or Juice</i>	7 Baked Ziti w/ Ricotta Steamed Carrots Steamed Green Beans <i>Fruit or Juice</i>	
8 Cheese Lasagna Rollups Italian Blend Vegetables <i>Fruit or Juice</i>	9 BBQ Chicken Breasts Black Beans and Rice Italian Blend Vegetables <i>Fruit or Juice</i>	10 Brown Stew Chicken Steamed Cauliflower <i>Fruit or Juice</i>	11 Caribbean Curry w/ Chickpeas & Spinach Baked Brown Rice Pilaf Normandy Blend <i>Fruit or Juice</i>	12 Sweet and Sour Pork w/ Pineapple Roasted Potatoes California Blend Vegetables <i>Fruit or Juice</i>	13 Baked Fish w/ Rustic Tomato Sauce Cous Cous California Blend Vegetables <i>Fruit or Juice</i>	14 Cheese Lasagna Rollups w/ Tomato Sauce Broccoli and Red Peppers Steamed Green Beans <i>Fruit or Juice</i>	
15 Cauliflower Fried Rice w/ Tofu & Edamame Beets and Baby Carrots with Dill <i>Fruit or Juice</i>	16 Coconut Curried Chicken Breast w/ Vegetables Rice and Beans Normandy Blend <i>Fruit or Juice</i>	17 BBQ Pork Chops Baked Sweet Potato Steamed Broccoli <i>Fruit or Juice</i>	18 Eggplant Chickpea Tagine Baked Brown Rice Pilaf California Blend Vegetables <i>Fruit or Juice</i>	19 Chicken Meatballs w/ Mushroom Gravy Egg Noodles Steamed Sliced Carrots <i>Fruit or Juice</i>	20 Breaded Fish Fillet w/ Yogurt Tartar Sauce Sautéed Spinach and Tomatoes <i>Fruit or Juice</i>	21 Chicken Stir Fry w/ Vegetables California Blend Vegetables <i>Fruit or Juice</i>	
22 Beef Meatballs in Tomato Sauce Cous Cous Steamed Green Beans <i>Fruit or Juice</i>	23 Cheese Lasagna Rollups w/ Tomato Sauce Bulgur Salad Steamed Cauliflower Steamed Sliced Carrots <i>Fruit or Juice</i>	24 Vegetarian Three Bean Chili Baked Brown Rice Pilaf Steamed Carrots <i>Fruit or Juice</i>	25 Beef Meatloaf w/ Mushroom Gravy Mashed Potatoes California Blend Vegetables <i>Fruit or Juice</i>	26 Smokey Black Bean and Sweet Potato Chili Winter Blend Vegetables <i>Fruit or Juice</i>	27 Spanish Style Baked Fish Couscous with Peas and Lemon Spiced Mixed Vegetables <i>Fruit or Juice</i>	28 Mexican Style Chicken Thighs and Rice Steamed Broccoli Steamed Green Beans <i>Fruit or Juice</i>	
29 Cheese Tortellini w/ Alfredo Sauce Capri Blend Vegetables <i>Fruit or Juice</i>	30 Classic Chicken Cacciatore Orzo Prince Edward Blend Vegetables <i>Fruit or Juice</i>						

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).