

# September Menu

	Sunday 31	Monday 1	Tuesday 2	Wednesday 3	Thursday 4	Friday 5	Saturday 6
Breakfast	breakfast sandwiches melon	scrambled eggs muffins	blueberry pancakes bacon	coffee cake scrambled eggs	fried eggs toast	scrambled eggs toast	pancakes berries & whipped cream sausage
Lunch	sweet and sour pork fried rice grilled mixed vegetables	BBQ! (burgers and dogs) potato salad pickles	veggie alfredo garlic bread	ham mashed pots gravy fresh squash roll	turkey tetrazini mixed veg cottage cheese	spaghetti meaballs garden salad	creamy tuscan chicken spinach roasted potatoes
Dinner	grilled chicken wraps carrot sticks ranch dip	egg salad sandwich chips	chicken salad sandwich cranberry sauce pickle	grilled cheese chips	chicken salad sandwich inside a peta side salad	casserole	turkey sandwich doritos

	Sunday 7	Monday 8	Tuesday 9	Wednesday 10	Thursday 11	Friday 12	Saturday 13
Breakfast	cinnamon roll casserole melons	scrambled eggs danish	parfait danish	breakfast quiche bacon	Loaded Hash Browns	fried eggs toast	apple pancakes bacon
Lunch	marinated porkchops asparagus wold rice roll	turkey meatloaf augrautan potatoes mixed veg	stuffed shells garden salad garlic bread	fried chicken mashed pots corn	pulled pork roasted potatoes apple sauce mixed veg	poached fish mixed veggies quinoa	roasted chicken thighs rice mied vegetables
Dinner	turkey sandwiches chips	sliders french fries	dumplings fried rice	ham salad sandwich pickle	meatball sub side ceasar salad ( dressed, cruton and cheese only)	turkey club sandwich chips	grilled hot dogs baked beans brown bread

	Sunday 14	Monday 15	Tuesday 16	Wednesday 17	Thursday 18	Friday 19	Saturday 20
Breakfast	scrambled eggs sweet bread	poached eggs toast	egg bake bacon	cheese omlett toast	scrambled eggs muffin	sweet breads berries yogurt	pancakes bacon
Lunch	Mac and cheese with ham broccoli	beef meat loaf baked potato side salad	ravioli cream sauce side salad	pork asperagas orzo & spinach	lasagna cottage cheese side salad	fish and chips garden salad	chicken divan broccoli over rice
Dinner	egg salad sandwich pickled beets	ham sandwich chips pickle	chicken patty sandwiches broccoli salad	philly cheese steak french fries	potstickers lomein	sliders potato salad pickle	seafood salad sandwiches fries pickle

	Sunday 21	Monday 22	Tuesday 23	Wednesday 24	Thursday 25	Friday 26	Saturday 27
Breakfast	scrambled eggs muffin	eggs benedict english muffins ham	scrambled eggs bacon	cinnamon buns scrambled eggs	quiche toast	fried eggs toast	french toast sausage
Lunch	baked ham mashed potato peas & carrots roll deviled egg	roasted butternut squash polenta cakes pork loin	chop suey cottage cheese roll	honey garlic chicken jasmine rice asperagus	creamy garlic porkchops carrots baked potato	Stuffed pepper casserole roasted summer squash and zucchini	sweedish meatballs egg noodles mixed veggies
Dinner	turkey sandwich chips pickle	flatbread pizza ceasar salad	fresh corn chowder crackers	ham salad sandwich cottage cheese	White chicken stew corn bread	tuna salad sandwich chips	beef pin wheels in pastry mixed vegetables

	Sunday 28	Monday 29	Tuesday 30	Wednesday 1	Thursday 2	Friday 3	Saturday 4
Breakfast	poached eggs english muffin	scrambled eggs muffins	fried eggs bacon	coffee cake scrambled eggs	breakfast sandwich on croissant	scrambled eggs toast	pancakes berries & whipped cream sausage
Lunch	sweet and sour pork fried rice grilled mixed veggies	chicken cordon blue (homemade) mixed veggies stuffing	tortolini pesto sauce mixed veggies cottage cheese roll	cashew chicken broccoli egg noodles	marinated pork chops asparagus wild rice	salmon roasted veggies wild rice	beef and broccoli stirfry white rice egg roll
Dinner	grilled chicken wraps carrot sticks ranch dip	tuna-pea wiggle over saltines side salad	chicken salad sandwich cranberry sauce pickle	ham and cheese sandwich chips	grilled chicken ceasar salad toasted peta chips	egg salad sandwich chips pickle	turkey sandwich doritos