

September 2026

	Sunday 30	Monday 31	Tuesday 1	Wednesday 2	Thursday 3	Friday 4	Saturday 5
Breakfast	scrambled eggs toast	quiche muffins	fried toast	breakfast sandwiches fruit	poached eggs toast	fried eggs english muffins	scrambled eggs muffins
Lunch	cheese chicken bake broccoli	BBQ	beef wellington roasted potatoes carrots	chicken anchilatas side salad	cheese tortalini garlic bread	crab cakes coleslaw grilled asparagus	chop suey bread & butter cottage cheese
Diner	Beef puff pastry fresh veggie sticks	turkey sandwiches chips	chicken and veggie kabobs macaroni salad	ham salad sandwiches three bean salad	soup crackers	BLT pickle	chef salad hard boiled egg

	Sunday 6	Monday 7	Tuesday 8	Wednesday 9	Thursday 10	Friday 11	Saturday 12
Breakfast	pancakes bacon	fried eggs toast	scrambled eggs toast	cheese omeletts fruit salad	breakfast bake bacon	scrambled eggs hot-cross-buns	french toast sausage
Lunch	Turkey mashed pots squash gravy rolls	chicken alfredo broccoli	ham rice pilaf veg mix	beef stirfry rice rangoons eggrolls	riblets baked potatoes brussel sprouts	baked fish rice veg	sweedish meatballs egg noodles mixed veggies
Diner	tuna salad chips	cheeseburger casserole	turkey sandwiches chips pickles	cheese burgers mac salad	egg salad sandwiches pickled beets	mini italian hoagies chips	ham and cheese cottage cheese

	Sunday 13	Monday 14	Tuesday 15	Wednesday 16	Thursday 17	Friday 18	Saturday 19
Breakfast	fried eggs toast	scrambled eggs cream filled donuts	parfaits muffins	westerns corned beef hash	poached eggs toast	scrambled eggs muffins	pancakes bacon
Lunch	stuffed pork chops asperagus baked potato	chicken parm garlic bread mixed veg	beef stroganoff broccoli	chicken & biscuits peas and carrots cranberry	Mediterranean stuffed peppers asperagas toasted peta	vegeterian lasagna garlic bread	roasted chicken thighs stuffing mixed veggies
Diner	tomato soup grilled cheese	sloppy Joes tater tots	corn chowder crackers	ham and swiss puff pastry cottage cheese	Turkey sandwich tomato& Cucumber salad	cheeseburgers fries diced tomatoes and cucumbers	quiche homefries

	Sunday 20	Monday 21	Tuesday 22	Wednesday 23	Thursday 24	Friday 25	Saturday 26
Breakfast	fried eggs toast	scrambled eggs toast	bacon & cheese onlets toast	breakfast bake muffins	poached eggs toast	fried eggs hash browns	french toast bacon
Lunch	Pizza side salad	spaghetti & Meatballs garlic bread	tomato/mozzerella chicken baked sweet potato marinated vegetables	pork chops brussell sprouts baked potatoes	Meatloaf carrots mashed pots	poached fish roasted squash mix stuffing	ravioli pesto sauce garlic bread
Diner	soup crackers	egg salad sandwiches chips pickle	philly cheese steaks pickle	Casserole side	meatball subs cottage cheese	taco salad	turkey sandwiches chips pickle

	Sunday 27	Monday 28	Tuesday 29	Wednesday 30	Thursday 1	Friday 2	Saturday 3
Breakfast	scrambled eggs banana bread	quiche muffins	scrambled eggs toast	breakfast sandwiches fruit	poached eggs toast	breakfast bake sausage patties	scrambled eggs muffins
Lunch	shepards pie roll	creamy pesto chicken egg noodles green beans	pot roast boiled potatoes boiled carrots/onions roll	pork dumplings fried rice lo mein	chicken cordon bleu broccoli stuffing	vegeterian lasagna garlic bread	chop suey bread & butter cottage cheese
Diner	soup crackers	chicken and veggie kabobs macaroni salad	turkey sandwiches chips	ham salad sandwiches three bean salad	soup crackers	chicken & waffles sausage gravy	chef salad hard boiled egg