

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Chicken Spinach Stew, Steamed White Rice, Wheat Rolls Sliced, Pear V: Veggie Burger	2
3	4 Center Closed Labor Day	5 Tri Color Spiral Pasta Turkey Sauce, Parmesan Cheese, Peas & Carrots Pineapple Rings V: Pasta w/Red Sauce	6 Burritos W/Rice, Black Beans, Chicken & Cheese, Tossed Salad W/Tomato & Cucumber, Fruit V: Bean Burrito	7 Black, Red & White Bean Chili with Steamed White Rice, Green Beans, Fruit Cocktail V: Meatless Chili	8 Chicken Strip Parmesan w/ Red Sauce & Mozzarella Cheese, Italian Vegetable, Apples V: Veggie Burger	9
10	11 Baked Broccoli Macaroni with Mozzarella & Grated Parmesan Cheese, Cauliflower Sliced Pear & Peaches	12 Chicken Stir Fry with Oriental veggies, Steamed White Rice, Sliced Apples V: Vegetable Stir Fry	13 Beef Tacos with tortillas, lettuce & tomatoes, shredded cheese, Sweet corn, Fresh fruit V: Bean tacos	14 Swedish Meatball 'N' Sauce, Mashed Potato & Whole Kernel Corn, Fresh Fruit V: Veg Meatballs	15 Quesadilla Chicken & Cheese, Tossed Salad Tomato & Cucumber, Fresh Fruit V: Cheese Quesadilla	16
17	18 Large Shells with Spinach, Mozzarella, Ricotta & Parmesan Cheese, Cauliflower, Sliced Wheat Rolls, Fresh Fruit	19 Turkey Lasagna, 100% Mozzarella & Ricotta Cheese Mixed Vegetable, Sliced Pear & Peach V: Vegetable Lasagna	20 Oven Baked Chicken Strips, Tri Color Pasta, Peas & Carrots, Tropical Fruit Cup V: Cheese on Wheat Bread	21 Turkey Meat Loaf W/Gravy, Mashed Potatoes, Sweet Corn, Fresh Fruit V: Falafel & Sides	22 BBQ Chicken, Mango & Chickpea Rice, Mixed Vegetables, Whole Apples, V: Veggie Rounds First Day of Fall	23
24	25 Squash Macaroni & Cheese, Broccoli – Cauliflower Blend, Fresh Fruit	26 Turkey Meatball Subs, Sweet Potato Fries, Cucumber Slices, Fresh Fruit V: Cheese Pierogi	27 Turkey Sauce Spaghetti, Broccoli, Wheat Roll Slices, Fruit Cocktail V: Red Sauce W/Cheese	28 BBQ Chicken, Rice Pilaf, Cauliflower, Fresh Fruit V: Baked Stuffed Potato, Cheese Topped	29 Turkey & Cheese Wrap, Tossed Salad W/Tomato & Three Bean Salad, Potato Chips, Fresh Fruit V: Cheese Wrap	30