

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Week 1	22-Sep	23-Sep	24-Sep	25-Sep	26-Sep	27-Sep	28-Sep
LUNCH							
SOUP		Lentil	Cream of Asparagus	Lemon Chicken Orzo w/ Kale	Italian Wedding	Spilt Pea & Ham	Creamy Tomato
ENTRÉE 1	Roast Beef	Chicken Salad w/ grapes plate	Black Bean Burrito	Cheeseburger Quinoa Casserole	Turkey Chili & Corn Bread	Spinach Quiche	Seafood Alfredo
ENTRÉE 2	Mozzarella, Basil, Zucchini Frittata	Bacon Bleu Burger	Shaved Steak w/ peppers & onion on a roll	Bacon, Lettuce, Avocado, Tomato Sandwich	Grilled Sirloin Steak Bites	Lemon Garlic Baked Cod	Garlic Butter Pork Tenderloin - Mushrooms
STARCH	Au Gratin Potato	Sweet Potato Fries	Macaroni Salad	(no starch)	Roasted Potatoes	Rice Pilaf	Twice Baked Potato
FRUIT/VEG	Glazed Carrots	Peas and Carrots	Mexican Corn	Broccoli	Asparagus Bites	Pineapple Coleslaw	Roasted Squash
DESSERT	Cinnamon Twist	Chocolate Cake w/ Sprinkles	Fruited Jello	Coffee Ice Cream	Ecalirs	Assorted Cream Pie	Fruit of the Forest Pie
DINNER							
SOUP	ACF ONLY	Lentil	Cream of Asparagus	Lemon Chicken Orzo w/ Kale	Italian Wedding	Split Pea & Ham	Creamy Tomato
ENTRÉE 1	Meatball Sub	Italian Stuffed Peppers	Shredded BBQ Chicken	Balsamic Grilled Steak Salad w/Peaches	Pork Carnitas	Garlic Shrimp	Spinach & Feta Turkey Burger
ENTRÉE 2	Grilled Cheese & Tomato	Vegetable Baked Ziti	Tuna Veggie Casserole	Eggplant Lasagna	Southwest Stuffed Sweet Potato	Tomato Brushetta over Pasta	Mini Meatloaf
STARCH	(no starch)	Onion Petals	Potato Salad	(no starch)	Cilantro Rice	Bow Tie Pasta	Mashed Potato w/ Gravy
VEGGIE 1	Fresh Fruit Salad	Roasted Root Veggie	Tomato/ Cucumber Salad	Roasted Zucchini	Southwest Black Beans	Roasted Tomatoes	Green Beans
DESSERT	Brownies	Raindow Sherbert	Strawberry Rhubarb Pie	Boston Cream Pie	Peanut Butter Yogurt Parfait	Cheesecake	Jello Cake