

WEEK 1	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	7-Sep	8-Sep	9-Sep	10-Sep	11-Sep	12-Sep	13-Sep
	BRUNCH	LUNCH					
SOUP W/ROLL	Wild Mushroom & Rice	Ginger Carrot	Cold Berry Soup	Apple Sweet Potato	Red Pepper Bisque	Split Pea	Cream of Tomato
ENTRÉE 1	Blueberry Pancakes	Taco Bowl	Grilled Portobello	BLT	Lemon Pepper Chicken Breast	Roasted Tilapia	Pot Roast
ENTRÉE 2	Beef Tenderloin	Chicken Parmesan	Seafood Salad on a Croissant	Greek Salad	Gyros (Lamb & Beef)	Mediterranean Flat Bread Pizza	Orange Chicken Thighs
STARCH	Mashed Potatoes	Linguini w/ Garlic	Yellow Rice	Sweet Potato Fries	Curly Fries	Lemon Herb Couscous	Redskin Mashed Potatoes
VEGGIE	Green Bean Casserole	Cucumber & Tomato Salad	Peppers & Onions	Grilled Zucchini	Steamed Corn	Steamed Broccoli	Creamed Spinach
DESSERT	Scones & Strawberry Shortcake	Chocolate Oreo Pie	Dutch Apple Pie	Yogurt Parfait	Sweet Potato Pie	Chocolate Flourless Torte	Lemon Meringue Pie
DINNER							
WEEK 1	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
SOUP W/ROLL	Wild Mushroom & Rice	Ginger Carrot	Cold Berry Soup	Apple Sweet Potato	Red Pepper Bisque	Split Pea	Cream of Tomato
ENTRÉE 1	Chicken Cordon Bleu	Baked Haddock	Hamburger or Cheeseburger	Pesto Chicken	BBQ Ribs	Sweet & Sour Chicken	Turkey Meatloaf
ENTRÉE 2	Swedish Meatballs w/ Egg Noodles	Stuffed Shells	Spinach & Feta Turkey Burger	Dill Salmon	Mac & Cheese	Shrimp Gumbo	Pork Tenderloin
STARCH	Baked Potato	Jasmine Rice	Potato Salad	Risotto Pilaf	Garlic Bread	Basmati/White Rice	Mashed Sweet Potatoes
VEGGIE	Peas & Carrots	Broccoli	Snap Peas	Artichoke Hearts	Honey Glazed Carrots	Garlic Green Beans	Yellow Squash
DESSERT	Strawbery Shortcake	Chocolate Oreo Pie	Dutch Apple Pie	Yogurt Parfait	Sweet Potato Pie	Chocolate Flourless Torte	Lemon Meringue Pie