



# September 2023-Home Delivery



Menu may change without notice.

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Cheese Ravioli w/Pesto Italian Blend Green Beans Cake Cran-Apple Juice Wheat Roll Milk
4  Lunch Cancelled	5 Hamburger Mixed Veg Tator Tots Sherbet Orange Juice Hamburger Roll Milk	6 Citrus Tilapia or Pollock Summer Blend Wild Rice Fresh Fruit Fruit Punch Wheat Bread Milk	7 BBQ Chicken Red Cabbage & Apples Sweet Potatoes Tropical Fruit Salad Iced Tea Corn Bread Milk	8 Eggplant Rollitini Italian Blend Tri-color Pasta w/Fire Roasted Veg Pudding Apple-Grape Juice Wheat Roll Milk
11 Pasta & Meatballs w/ Marinara Sauce Broccoli Penne Pasta Shortbread Cookies Cran-Apple Juice Wheat Roll Milk	12 Orange Salmon Sauteed Spinach Rice Pilaf Fresh Fruit Grape Juice Wheat Bread Milk	13 Stuffed Peppers Carrots Parslied Potatoes Chewy Granola Bars Fruit Punch Rye Bread Milk	14 Chicken a la King Succotash White Rice Applesauce Iced Tea Wheat Bread Milk	15 Cheese Omelet Stewed Tomatoes & Kale O'Brien Potatoes Diced Peaches Apple Juice Blueberry Muffin Milk
18 Southwest Chicken Mexican Corn Yellow Rice & Beans Tropical Fruit Salad Orange Juice Rye Bread Milk	19 Cheese Lasagna Peas & Carrots Harvard Beets Fig Newtons Orange-Pineapple Juice Wheat Roll Milk	20 Italian Chicken Sausage w/Fire Roasted Veg Broccoli &Cauliflower Rigatoni w/Tomato Cream Sauce Sliced Pears Apple Juice Wheat Bread Milk	21 Meatloaf w/Gravy Country Mix Veg Mashed Potatoes Fresh Fruit Salad Tomato Juice Rye Bread Milk	22 Baked Fish with Mustard Dill Sauce Mixed String Beans Pudding Wild Rice Grape Juice Wheat Bread Milk
25 Manicotti w/Marinara Sauce Broccoli Diced Beets Fresh Fruit Orange Juice Wheat Roll Milk	26 Chicken Teriyaki Stir-fry Veg White Rice Pineapple Tidbits Apple-Grape Juice Wheat Bread Milk	27 Swedish Meatballs w/Gravy California Blend Egg Noodles Ice Cream Apple Juice Rye Bread Milk	28 Virginia Ham Sauteed Cabbage Sweet Potatoes Fruit Cocktail Orange-Pineapple Juice Wheat Bread Milk	29 Crab Cakes Stewed Tomatoes & Kale Macaroni & Cheese Fruit Flavored Yogurt Fruit Punch Rye Bread Milk