

# SEPTEMBER 2019



Monday	Tuesday	Wednesday	Thursday	Friday
2 No Lunch	3 Beef Roast Beets Fruit Cocktail Whole Wheat Roll Dessert Milk	4 Entertainment at 11:30am Meatloaf Mashed Potatoes & Gravy Spinach Melon Whole Wheat Roll Dessert by Quail Ridge Milk	5 Baked Spaghetti Romaine Salad Apricots Garlic Toast Dessert Milk	6 Oven Chicken Mashed Potatoes & Gravy Applesauce Whole Wheat Roll Dessert by Brookdale Milk
9 No Lunch	10 Pastry Stuffed Chicken Beets Mandarin Oranges Whole Wheat Roll Dessert Milk	11 Entertainment at 11:30am Pork Knops Parsley Potatoes Green Beans Melon Whole Wheat Roll Dessert Milk	12 Salisbury Steak Mashed Potatoes & Gravy Three Bean Vegetables Pears Whole Wheat roll Dessert Milk	13 Tilapia or Ham Brown Rice Coleslaw Tropical Fruit Baked Cornbread Dessert Milk
16 No Lunch	17 Parmesan Chicken Rice Capri Vegetables Mixed Fruit Dessert Milk	18 AARP Roast Beef Mashed Potatoes & Gravy Mixed Squash Honey Dew Whole Wheat Roll Dessert Milk	19 Open Face Turkey Sandwich Potatoes & Gravy Broccoli & Cauliflower Apple Whole Wheat Roll Dessert Milk	20 Beef Stroganoff Biscayne Vegetables Peaches Whole Wheat Roll Milk Dessert
23 No Lunch	24 Boneless Pork Rice Mixed Vegetables Tropical Fruit Garlic Toast Dessert Milk	25 Entertainment at 11:30am Chicken Fried Steak Mashed Potatoes & Gravy Mixed Vegetables Stewed Apples Whole Wheat Roll	26 Pot Roast Parmesan Potatoes Broccoli Whole Wheat Roll Dessert Milk	27 Sloppy Joes Salad Pears Tater Tots Dessert Milk
29 No Lunch	30 Oven Turkey Mashed Potatoes & Gravy Broccoli Peaches Whole Wheat Roll Dessert Milk			