

SEPTEMBER LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Center Closed for Labor Day	3 Vegetable Lasagna Garlic Bread Baby Spinach Salad	4 Chicken Salad Herb Potato Salad with Mustard Vinaigrette Red Cabbage Salad	5 BBQ Chicken Breasts Braised Collard Greens Steamed Corn on the Cob	6 Lemon Salmon Pasta Spinach & Basil Pesto Cauliflower Salad
9 Chicken Meatballs with Carrot Sauce Ziti Broccoli with Toasted Garlic	10 Turkey with Gravy Mashed Butter- nut Squash Normandy Blend Vegetables	11 Beef Brisket w/ Tomatoes and Onions Orzo Mixed Green Salad Roasted Zucchini	12 Sweet & Sour Chicken Thighs Brown Rice Roasted Mushrooms Sautéed Bok Choy	13 Salmon Salad Cucumber Dill Salad Spinach, Apple and Red Onion Salad
16 Citrus Sesame Crusted Salmon Wild Rice Broccoli and Red Peppers Tossed Salad with Dressing	17 Meatloaf with Beef and Pork Green Bean Sauté Homemade Mashed Potatoes	18 Honey Mustard Chicken Breast Orzo w/Veggies Spinach, Apple and Red Onion Salad Yellow Squash	19 Turkey Meatballs Spinach and Basil Pesto Whole Wheat Spaghetti Steamed Carrots	20 Vegetable Baked Ziti with Whole Wheat Pasta Garlic Bread Sautéed Spinach
23 Chicken and Broccoli Stir Fry Brown Rice Oriental Blend Vegetables	24 BBQ Pulled Pork Cole Slaw Sweet and Tangy Sautéed Collard Greens	25 Stuffed Peppers with Turkey Broccoli with Toasted Garlic Corn and Red Peppers	26 Beef Stroganoff with noodles California Blend Vegetables	27 Baked Flounder Baked Brown Rice Pilaf Kale, Romaine, Apple, Red Cabbage and Parmesan Salad
30 Beef Meatloaf with Mushroom Gravy Baby Carrots with Parsley Mashed Potatoes	Recommended donation is \$1.25 per meal	All meals are served with fruit, juice and 1% milk	Vegetarian options available with one week no- tice, see Matt for info.	