



SEPTEMBER LUNCH MENU



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 The Center is Closed	2 Rice and Pigeon Peas Garden Salad	3 Beef Brisket With Tomatoes and Onions Rice with Corn Spinach	4 Chicken Burger with Bun Brussel Sprouts	5 Baked Salmon Roasted Potatoes Vegetable Blend
8 Beef Salisbury Steak Mashed Potatoes Mixed Green Salad	9 General Tso's Tofu Vegetable Lo Mein Broccoli	10 Chicken Caprese Spaghetti Baby Spinach Salad with Vinaigrette	11 Stewed Pork Chops Black Beans Rice Vegetable Blend	12 Coconut Breaded Fish Beet Salad Red Potatoes
15 Sesame Orange Chicken Chinese Style Spaghetti Cucumber Salad	16 Root Vegetable Stew Beet Salad Mixed Green Salad	17 Spanish Style Roast Pork Rice Vegetable Blend	18 Baked Chicken Breasts Rice Vegetable Blend	19 Tropical Fish Garlic Mashed Potatoes Spinach
22 Special Lunch To be Announced	23 Eggplant Parmesan Spaghetti Garlic Bread Spinach	24 Beef Meatloaf Red Potatoes String Beans	25 Chicken Breast and Rice Tossed Salad with Dressing	26 Baked Salmon Baked Potato Broccoli
29 Breaded Chicken Cutlet Roasted Potatoes Spinach	30 Chipotle Bean and Veggie Chili Rice Garden Salad	Recommended donation is \$1.75 per meal.	Vegetarian options available with one week notice.	All meals served with fruit and 1% milk.

September 2025 LUNCH MENU - Vegetarian

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 The Center Is Closed	2 Brown Rice with Pigeon Peas Garden Salad	3 Eggplant Parmesan Spinach	4 Sweet Potato Gumbo Roasted Vegetable	5 Chickpea and Veggie Salad Roasted Potatoes Vegetable Blend
8 Soft Tacos with Black Beans and Veggies Mashed Potatoes Mixed Green Salad	9 General Tso's Tofu Vegetable Lo Mein Broccoli	10 Eggplant Parmesan with Ricotta Spaghetti Baby Spinach Salad	11 Roasted Vegetable, Black Bean, and Corn Enchilada Casserole Rice	12 Breaded Eggplant Cutlets Beet Salad
15 Coconut Curry with Tofu, Broccoli and Carrots Spaghetti Cucumber Salad	16 Root Vegetable Stew Beet Salad Mixed Green Salad	17 Sweet Potato and Red Bean Chili Rice Vegetable Blend	18 Eggplant Parmesan Vegetable Blend	19 Baked Ziti with Vegetables Spinach
22 Crispy Tofu and Veggie Stir-Fry Rice Broccoli	23 Eggplant Parmesan Spaghetti Spinach	24 Curried Jamaican Stew Red Potatoes String Beans	25 Vegetable Lasagna Tossed Salad	26 Chickpea and Veggie Salad Baked Potato Roasted Broccoli
29 Baked Ziti with Vegetables Spinach	30 Chipotle Bean and Veggie Chili Rice Garden Salad	All meals served with fruit and 1% milk.		