





SEPTEMBER 2016 MENUS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Each Meal Includes:		1	2
	<p>* 1/3 of the Required Daily Amounts (RDA) * Milk * Condiments as appropriate  *Sodium >800</p> <p><i>Amy Barnes MS RDN LDN</i></p>		 Goulash Spinach WW Garlic Bread Oatmeal Fruit Bar Banana half	Salisbury Ground Beef Mashed Potatoes Peas and carrots Mixed Fruit Cranberry Juice
5	6	7	8	9
Chicken Breast Sandwich Macaroni Salad Tomato Spoon Salad Fruit Cup	Crunchy Pollock Roasted Red Potatoes Broccoli Strawberry-Rhubarb Crisp w/ Ice Cream WW Roll	Tater Tot Casserole Tossed Salad Apple Slices Oatmeal Fruit Bar OJ	Egg Salad on Bun Vegetable Soup Potato Salad Royal Brownie Cantaloupe	Roast Turkey Potatoes & Gravy Spinach Au Gratin Blushing Pears
12	13	14	15	16
Baked Chicken Baked Beans Asparagus Apricots	Tuna & Noodles Peas Creamy Cole Slaw Cinnamon Apples Orange Wedges	Liver & Onions -OR- Beef Patty Boiled Potatoes w/gravy Mixed Vegetables Strawberries and bananas WW Roll	COOK'S CHOICE	Meat Loaf Baked Potato Harvard Beets Cranberry/Pear Crisp Orange Juice
19	20	21	22	23
Porcupine Meatballs Mashed Potatoes Spinach Strawberries & Bananas OJ	 Ham Loaf Roasted Red Potatoes California Blend Raisin Rice Pudding	Crunchy Pollock Potato Wedges Peas Chocolate Cream Pie Peaches	Cheese Burger WW Bun Santa Fe Corn Baby Carrots Plums OJ	Golden Baked Chicken Potatoes w/ Gravy Garden Beans Fruit Cup WW Roll
26	27	28	29	30
Creamed Chicken Buttermilk Biscuit Stewed Tomatoes Strawberry Rhubarb Raisin Crisp Orange juice	Hearty Veg Beef Soup Corn Bread Banana Half Cinnamon Apples w/Crunchy Topping	Salisbury Ground Beef Baked Potato Mixed Vegetables or Mixed Vegetable Salad Peach Crisp	Hot Pork Sandwich (w/ WW Bread and Potatoes w/Gravy) Carrots & Broccoli Oatmeal Raisin Bar	COOK'S CHOICE