

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
		Breakfast: Scrambled Eggs, & Bacon 1 Lunch: Ham & Swiss Sandwich with Pasta Salad Dinner: Roast Beef, Mashed Potatoes with Glazed Carrots	Breakfast: Blueberry pancake, sausage, with banana 2 Lunch: Chicken Caesar salad dinner roll Dinner: Baked salmon, rice pilaf broccoli	Breakfast: Western omelet, English muffin, orange 3 Lunch: Beef & vegetables stew, cornbread Dinner: Herb- roasted chicken, roasted potatoes, green beans	Breakfast: French toast, bacon 4 Lunch: Tuna salad croissant, tomato salad Dinner: Chicken Parmesan, spaghetti, Italian green beans, garlic bread	Breakfast: Cream of wheat, scrambled eggs 5 Lunch: BBQ pulled pork sandwich, coleslaw Dinner: Baked cod cod with lemon butter, wild rice, asparagus	
	Breakfast: Cinnamon French toast casserole, bacon 6 Lunch: Roast beef, stuffing, gravy, cranberry sauce Dinner: Beef meatloaf, mashed sweet potatoes, peas & carrots	Breakfast: Scrambled eggs with cheese, sausage, toast, peaches 7 Lunch: Pork loin, scalloped potatoes, Brussels sprouts, roll, bread pudding Dinner: Bag Dinner Labor Day	Breakfast: Banana oatmeal, bacon, hard boiled egg 8 Lunch: Cheeseburger & fries Dinner: Chicken & vegetable stir-fry, brown rice, egg roll	Breakfast: Waffle, sausage, blueberries 9 Lunch: Baked Chicken wrap, three-bean salad, pineapple Dinner: Salisbury steak, egg noodles, mushroom gravy, glazed carrots	Breakfast: Egg & cheese breakfast sandwich, bacon, apples, yogurt 10 Lunch: Baked Ziti, tossed salad, garlic bread, Dinner: Lemon-herb tilapia, couscous, zucchini, roll	Breakfast: Apple Cinnamon oatmeal, scramble eggs with sausage 11 Lunch: Roast beef Reuben, roasted potato wedges with coleslaw Dinner: Chicken fajitas, Spanish rice, black beans, corn, pineapple upside down cake Rosh Hashanah Begins	Breakfast: Blueberry muffins, scrambled eggs, bacon. 12 Lunch: Eggs salad sandwich, tomato soup. Dinner: Beef tips with gravy, mashed potatoes, peas
	Breakfast: Belgian waffle, yogurt, strawberries, sausage 13 Lunch: Baked ham, macaroni & cheese, green beans Dinner: Roast chicken, wild rice glazed carrots, Grandparents Day	Breakfast: Cheese omelet, bacon, wheat toast, pineapple 14 Lunch: Beef taco salad, tortilla chips, corn & black bean salad Dinner: Baked pork chops, scalloped potatoes, broccoli	Breakfast: Cream of wheat with cinnamon, scrambled eggs, sausage 15 Lunch: Cream of wheat with cinnamon scrambled eggs, sausage, peaches Dinner: Baked meatballs, penne pasta, marinara, Italian vegetables	Breakfast: Pancakes with warm berries, bacon, yogurt 16 Lunch: Chicken pesto pasta salad, dinner roll, carrot sticks Dinner: Herb-roasted cod, roasted red potatoes, green beans	Breakfast: Scrambled eggs sausage, biscuit, mixed fruit 17 Lunch: Roast beef wrap, potato salad, carrots & celery Dinner: Chicken pot pie, side salad,	Breakfast: Cinnamon raisin French toast, bacon 18 Lunch: Grilled Cheese, tomato basil soup, crackers Dinner: BQQ chicken, macaroni & cheese, collard greens, cornbread	Breakfast: Vegetable & cheese frittata, toast sausage 19 Lunch: BLT sandwich, pasta salad Dinner: Shrimp scampi, angle hair pasta, broccoli, garlic bread Oktoberfest Begins
Breakfast: Biscuits with sausage, gravy, scrambled eggs, berries 20 Lunch: Roast beef, mashed potatoes, gravy, carrots Dinner: Baked chicken thighs, rice pilaf , green beans, chocolate cake Yom Kippur Begins	Breakfast: Apple-cinnamon pancakes, bacon, yogurt 21 Lunch: Chicken salad croissant, broccoli, salad, Pineapple Dinner: Beef lasagna, Caesar salad, rice pudding	Breakfast: Breakfast burrito with eggs, cheese & sausage, salsa, fruit 22 Lunch: Ham & cheese sandwich, with tomato soup Dinner: Honey-glazed salmon, mashed potatoes, Brussels Autumn Begins	Breakfast: Oatmeal with apples & cinnamon, boiled egg, bacon 23 Lunch: Chicken quesadilla, black beans, corn Dinner: Beef meatloaf, mashed potatoes, chocolate pudding	Breakfast: Eggs Benedict-style English muffin with ham 24 Lunch: Baked potato bar with chicken, cheese broccoli & sour cream, side salad Dinner: Garlic-roasted pork tenderloin with rice, green beans	Breakfast: Pumpkin spice oatmeal, scrambled eggs, sausage 25 Lunch: Mediterranean chicken pita, hummus, tomato salad Dinner: Fish tacos, cilantro rice, black beans, com, brownies Sukkot Begins	Breakfast: Banana-nut muffins, scrambled eggs, bacon 26 Lunch: Ham & cheese sandwich Dinner: Chicken Marsala, mashed potatoes, roasted zucchini, roll, banana pudding	
Breakfast: Stuffed French toast with strawberries, sausage, yogurt 27 Lunch: Fried cabbage with bacon and sausage Dinner: Beef stew over egg noodles, roll, garden salad, chocolate chip cookies	Breakfast: Western scrambled eggs, bacon , toast 28 Lunch: Chicken Caesar wrap, pasta salad Dinner: Baked ziti with Italian sausage, green beans, garlic bread	Breakfast: Pumpkin pancake with sausage 29 Lunch: Tuna Melt with tomato salad & potato chips Dinner: Lemon pepper chicken, roasted potatoes, broccoli	Breakfast: Breakfast casserole with eggs, cheese & bacon 30 Lunch: Beef Burger, with sweet potato fries Dinner: Baked Salmon with dill, rice pilaf, glazed carrots with chocolate cake				

Menu are subject to change.