

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p>Labor Day Centers are Closed No Lunch or Grab&Go Delivery on this day</p>	<p>3</p> <p>Chicken Burrito</p> <p>4oz Pear 4oz Corn 8" WG Tortilla 3oz Diced Chicken</p>	<p>4</p> <p>Beef Stew</p> <p>4oz Mixed Fruit 4oz Green Beans 4oz WG Brown Rice 3oz Beef Cubes</p>	<p>5</p> <p>Baked Turkey</p> <p>4oz Baked Cinnamon Apples 4oz Mixed Vegetables WG Dinner Roll w/ Margarine 3oz Roasted Turkey* 4oz Mashed Potatoes</p>	<p>6</p> <p>Lemon Pepper Baked Chicken</p> <p>4oz Peaches 4oz Vegetable Blend 4oz Pasta Salad 3oz Diced Chicken WG Dinner Roll</p>
<p>9</p> <p>Chicken & Cheese Quesadilla</p> <p>4oz Seasonal Fresh Fruit 4oz Corn WG Tortilla 3oz Chicken & Cheese Salsa</p>	<p>10</p> <p>Sweet & Sour Chicken</p> <p>4oz Fresh Orange 4oz Stir Fry Vegetables 4oz Brown Rice 3oz Chicken*</p>	<p>11</p> <p>Spaghetti & Meatballs</p> <p>4oz Pears 4oz Carrots 4oz Spaghetti 3oz LS Tomato SC. Meatballs</p>	<p>12</p> <p>Italian Chicken Pattie</p> <p>4oz Appleslices 4oz Mixed Vegetables WG Bun 3oz Chicken Pattie</p>	<p>13</p> <p>Roast Beef</p> <p>4oz Fresh Seasonal Fruit 4oz California Blend 4oz Rice With Beans 3oz Roast Beef</p>
<p>16</p> <p>Fish</p> <p>4oz Fruit Cocktail 4oz Stewed Tomatoes WG Bun 3oz Crispy Cod Tartar Sauce</p>	<p>17</p> <p>Shepards Pie</p> <p>4oz Appleslices 4oz Peas and Carrots WG Roll 3 Ground Beef 4oz Mashed Potatoes</p>	<p>18</p> <p>Beef</p> <p>2oz Pear 4oz Mixed Vegetables 4oz Rice With Beans 3oz Beef</p>	<p>19</p> <p>Chicken Nuggets</p> <p>4oz Mandarin Orange 4oz Cauliflower 4oz WG Mac and Cheese 3oz Chicken Nuggets</p>	<p>20</p> <p>Turkey Ham & Cheese Sand</p> <p>4oz Applesauce 4oz Peas WG Bread 3oz Turkey Ham and Cheese Slices Lettuce & Tomato</p>
<p>23</p> <p>Salisbury Steak</p> <p>4oz Mixed Fruit 4oz Broccoli WG Roll 3oz Beef Patty w Ls Gravy 4oz Mashed Potatoes</p>	<p>24</p> <p>Chicken Curry Casserole</p> <p>4oz Pineapple Chunks 4oz Stir Fry Vegetables* 4oz Brown Rice 3oz Diced Chicken celery & carrots</p>	<p>25</p> <p>Sloppy Joe Sandwich</p> <p>4oz Fresh Seasonal Fruit 4oz Potato Salad WG Bun 3oz Ground Turkey & Sauce</p>	<p>Beef with Mushroom Sauce</p> <p>4oz Pears 4oz Mixed Vegetables 4oz WG Rice 3oz Beef & Sauce* Mushrooms*</p>	<p>27</p> <p>Chicken Parmesan</p> <p>4oz Fresh Orange 4oz Carrots 4oz WG Pasta 3oz Chicken Breast & Cheese*</p>
<p>30</p> <p>Montreal Chicken & Rice</p> <p>4oz Fresh Pear 4oz Peas and Carrots 4oz Rice Pilaf 3oz Diced chicken</p>		<p>Menu can be subject to changes</p> <p><small>*1% milk served with every meal</small></p>		<p>To skip or cancel a meal Contact our office at 610-374-3195 ext.221</p>