

Monday 9/18/23	Tuesday 9/19/23	Wednesday 9/20/23	Thursday 9/21/23	Friday 9/22/23	Saturday 9/23/23	Sunday 9/24/23
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
Oatmeal Assorted Cold Cereals Friends Breakfast	Oatmeal Assorted Cold Cereals Friends Breakfast	Oatmeal Assorted Cold Cereals Breakfast Special	Oatmeal Assorted Cold Cereals Friends Breakfast	Oatmeal Assorted Cold Cereals Friends Breakfast	Oatmeal Assorted Cold Cereals Friends Breakfast	Oatmeal Assorted Cold Cereals Friends Breakfast
Scrambled Eggs Breakfast Meat and Potato Fresh Fruit and Breakfast Bread Juice Coffee, Tea, Milk	Scrambled Eggs Breakfast Meat and Potato Fresh Fruit and Breakfast Bread Juice Coffee, Tea, Milk	Sausage Gravy and Biscuit Breakfast Potato Breakfast meat and Fresh Fruit Juice Coffee, Tea, Milk	Scrambled Eggs Breakfast Meat and Potato Fresh Fruit and Breakfast Bread Juice Coffee, Tea, Milk	Scrambled Eggs Breakfast Meat and Potato Fresh Fruit and Breakfast Bread Juice Coffee, Tea, Milk	Scrambled Eggs Breakfast Meat and Potato Fresh Fruit and Breakfast Bread Juice Coffee, Tea, Milk	Scrambled Eggs Breakfast Meat and Potato Fresh Fruit and Breakfast Bread Juice Coffee, Tea, Milk
Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
Cream of Asparagus Soup Cole Slaw BBQ Pork Sandwich Meatball Sub Grilled Cheese/Tomato (v) Baked Beans Steamed Peas Fresh Berries w/ Whip Topping	Chicken And Orzo Soup Pineapples and Cottage Cheese Chicken Stir Fry Ham and Cheese Melt Macaroni Vegetable Casserole (v) Rice pilaf Stir fry vegetables Raisin Rice Pudding	Lentil and Tomato Soup Tomato Cucumber salad Italian Sausage w/ Onions & Peppers Italian Deli Wrap Vegetarian Beyond Sausage W/ Peppers & Onions Egg Noodles Lima Beans Fresh Melon	Carrot and Ginger Soup Spinach Salad Tuna Salad Croissant BBQ Chicken Sandwich Vegetarian Antipasti Salad (v) Steamed Spinach French Fries Vanilla and Banana pudding	Vegetable Soup Caesar Salad Chicken Quesadilla Chili with Beans White Bean pesto Gnocchi Red Beans and Rice Steamed Corn Mandarin Oranges	Chili Con Carne Chickpea Salad Breaded Fish Filet Hot Dog Swiss Cheese Croissant (v) Macaroni Salad Green beans Peaches in Orange Crème	Maryland Crab Soup House Salad Roast Beef Cheddar Wrap Egg salad Plate Vegetable Garden Burger(V) Sweet potato Fries Corn O'Brien Chilled Pineapple
Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
Cream of Asparagus Soup Caesar Salad Beef and Broccoli Baked Fish Fluffy Rice Sauteed Cabbage Steamed Squash Medley Yeast Roll Tofu Stir Fry (V) Brownie	Chicken and Orzo Soup House Salad Grilled Chicken Bruschetta Honey Glazed Pork Loin Roasted Rosemary Potato Cauliflower Bake Sauteed Spinach Multigrain Roll Vegetarian Beyond Beef Stew (v) Blueberry Pie	Lentil and Tomato Soup Mixed Green Salad Turkey Meatloaf Chimichurri Flank Steak Cheddar Yukon Mashed Potatoes Herbed Green Beans Sauteed Zucchini Yeast Roll Spinach Quiche (v) Carrot Cake	Carrot and Ginger Soup Greek Salad Garlic Oregano Chicken Cajun Catfish Cous Cous Primavera Glazed Carrots Seasoned Kale Wheat Dinner Roll Vegetarian Meatball Pomodoro (v) Cheese cake with Berry topping	Vegetable Soup Garden Salad Spaghetti and Meat Sauce Chicken Parmesan Noodles and Marinara Steamed Broccoli Italian Beans Garlic Bread stick Spaghetti and Beyond Meat Sauce (V) Deep Dish Peach Cobbler	Chili Con Carne House Salad Chicken Stir fry Sweet and Sour Pork Brown Rice Stir Fried Vegetables Steamed Peas Yeast Roll Sweet and Sour Tofu(V) Marbled Brownies	Maryland Crab Soup Caesar Tilapia Vera Cruz Orange Chicken Basmati Rice Savory Carrots Brussels Sprouts Wheat Roll Spinach Souffle (v) Chocolate chip cookie