


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	BREAKFAST Oatmeal, Waffles, Scrambled Eggs Hashbrown, Fruit, Hot or Cold Cereal <u>LABOR DAY LUNCHEON</u> Hamburgers & Hot Dogs Potato Salad, Watermelon Blueberry Pie DINNER Lentil Soup Eggplant Parmesan, Garden Salad, Garlic Bread, Berry Cobbler Labor Day	BREAKFAST Oatmeal, Baked Muffin, Cheese Omelet Breakfast Potatoes, Fruit Hot or Cold Cereal LUNCH Egg Drop Soup, Beef Lo Mein Stir Fry Vegetables, Coconut Macaroons DINNER Vegetable Soup Chicken Francese w/ Lemon Butter Sauce Roasted Asparagus, Rice Pilaf, Apple Turnover	BREAKFAST Oatmeal, Blueberry Pancakes Vegetable Scrambled, Fruit Hot or Cold Cereal LUNCH Tomato Soup Cheese/Vegetable Pizza Garden Salad Tapioca Pudding DINNER Zucchini Soup Meatloaf, Mashed Potatoes, Broccoli Peach Pie	BREAKFAST Oatmeal, French Toast, Scrambled Eggs Fresh Fruit Hot or Cold Cereal LUNCH Split Pea Soup Chicken Tenders, Coleslaw, French Fries, Ambrosia Salad DINNER Potato Soup Vegetable Lasagna Garden Salad, Garlic Bread Bread Pudding	BREAKFAST Oatmeal, Danish, Scrambled Eggs Potatoes, Fruit, Hot or Cold Cereal LUNCH Minestrone Soup Egg Salad Sandwich, Cucumber Salad, Potato Chips, Peaches & Cream DINNER Matzo Ball Soup Fish Florentine Lemon Couscous, Roasted Broccoli, Banana Bread	BREAKFAST Coffee Cake Scrambled Eggs, Hash Browns Fruit, Hot or Cold Cereal LUNCH Garden Salad Beef Stew & Rice Ice Cream DINNER Roast Chicken Roasted Potatoes & Carrots Marble
	BREAKFAST Oatmeal, Lox & Bagel, Fruit Hot or Cold Cereal LUNCH Tomato Bisque Vegetable Quiche, Garden Salad, Mixed Fruit Rice Pudding DINNER Cream of Broccoli Spaghetti Meatballs Steamed Cauliflower, Dinner Roll Chocolate Cake Grandparents Day	BREAKFAST Oatmeal, Baked Muffin Poached Eggs, Fruit Hot or Cold Cereal LUNCH Fideo Soup Philly Cheesesteak Sandwich, Potato Salad, Watermelon, Angel Food Cake DINNER Cream of Cauliflower Chicken Cordon Bleu, Mashed Potatoes, Asparagus Yellow Cake	BREAKFAST Oatmeal, Blueberry Pancakes Vegetable Omelet, Fruit Hot or Cold Cereal LUNCH Egg Drop Soup, Chicken Stir-Fry Sautéed Vegetables, White Rice Coconut Macaroons DINNER Cabbage Soup BBQ Brisket, Mashed Potato, Baby Carrots, Peach Cake	BREAKFAST Oatmeal, French Toast Scrambled Eggs, Fruit Hot or Cold Cereal LUNCH Cream of Broccoli Smoked Salmon Pasta, Roll Baked Pears DINNER Vegetable Soup, Grilled Tilapia, Couscous, Roasted Vegetables Fresh Baked Cookies	BREAKFAST Oatmeal, Danish, Chorizo & Eggs Potatoes, Fruit, Hot or Cold Cereal LUNCH Potato Soup Meatball Sub Sandwich Potato Salad, Fresh Fruit Ice Cream DINNER Matzo Ball Soup Pasta Marinara Steamed Broccoli Garlic Bread Chocolate Cake	BREAKFAST Coffee Cake Scrambled Eggs, Hash Browns Fruit, Hot or Cold Cereal LUNCH Chicken Fajitas, Spanish Rice Refried Beans, Rice Pudding DINNER Salisbury Steak w/Mushroom Gravy Red Roasted Potatoes Steamed Cauliflower Cookies
	BREAKFAST Oatmeal, Lox & Bagel, Fruit Hot or Cold Cereal LUNCH Corn Chowder Tuna Melt, Sweet Potato Fries, Pickle Spears, Carrot Cake DINNER Minestrone Soup Beef Burgundy Carrots Mashed Potatoes Bread Pudding	BREAKFAST Oatmeal, Waffles, Scrambled Eggs Fruit, Hot or Cold Cereal LUNCH Cabbage Soup Beef Chow Mein Oriental Vegetables, Coconut Macaroons DINNER Potato Soup BBQ Chicken Corn on the Cob, Baked Beans Pineapple Upside-Down Cake	BREAKFAST Oatmeal, Baked Muffin, Poached Eggs Fruit, Hot or Cold Cereal <u>MEXICAN INDEPENDENCE LUNCH</u> Tortilla Soup Asada Tacos, Spanish Rice, Refried Beans Churros DINNER Mushroom & Barley Soup Fish Florentine, Orzo Pasta, Green Beans Orange Cake	BREAKFAST Oatmeal, Blueberry Pancakes Vegetable Omelet, Fruit Hot or Cold Cereal <u>ROSH HASHANAH LUNCHEON</u> Apple Pomegranate Salad Honey Garlic Salmon Roasted Asparagus, Quinoa Warm Apple Cobbler DINNER Squash Soup Beef Stuffed Peppers Rice Pilaf, Carrots, Strawberry Shortcake	BREAKFAST Oatmeal, French Toast, Scrambled Eggs Fruit, Hot or Cold Cereal LUNCH Zucchini & Cilantro Tuna Salad Sandwich, Three Bean Salad, Ambrosia Salad DINNER Cream of Mushroom Curry Chicken Basmati Rice, Roasted Carrots Vanilla Pudding	BREAKFAST Coffee Cake Scrambled Eggs, Hash Browns Fruit, Hot or Cold Cereal LUNCH Garden Salad Chili Over Rice Assorted Cookies DINNER Herb Roasted Fish Lemon Couscous, Roasted Carrots Sponge Cake Oktoberfest Begins
BREAKFAST Oatmeal, Lox & Bagel, Fruit Hot or Cold Cereal LUNCH Garbanzo Soup Hamburgers, French Fries, Watermelon Ice Cream DINNER Zucchini Soup Beef Lasagna Broccoli & Cauliflower, Garlic Bread, Cherry Pie	BREAKFAST Oatmeal, Waffles, Scrambled Eggs Hashbrown, Fruit, Hot or Cold Cereal LUNCH Lentil Soup, Tuna Salad Pita Pocket, Marinated Beet Salad, Fresh Fruit Strawberry Cake DINNER Carrot Sweet Potato Soup Braised Beef Brisket Roasted Glazed Carrot Tzimmes Potato Kugel, Apple Cake Rosh Hashanah Begins Autumn Begins	BREAKFAST Oatmeal, Baked Muffin, Cheese Omelet Breakfast Potatoes, Fruit Hot or Cold Cereal LUNCH Vegetable Noodle Soup Fish & Chips Mango Salad Ambrosia Salad DINNER Butternut Squash Soup Honey Garlic Salmon Roasted Beet & Apple Salad Honey Cake Rosh Hashanah	BREAKFAST Oatmeal, Blueberry Pancakes Vegetable Scrambled, Fruit Hot or Cold Cereal LUNCH Black Bean Soup Cheese Enchiladas, Spanish Rice, Refried Beans, Flan DINNER Mushroom Soup Apple & Sage Roast Chicken Sweet Basmati Rice w/ Raisins Roasted Carrots, Cinnamon Baked Apples Rosh Hashanah	BREAKFAST Oatmeal, French Toast Scrambled Eggs Fruit, Hot or Cold Cereal LUNCH Egg Drop Soup BBQ Chicken Skewers, Fried Rice, Macaroni Salad Pineapple Upside-Down Cake DINNER Butternut Squash Soup Baked Fish, Baked Sweet Potato & Quinoa Tiramisu	BREAKFAST Oatmeal, Danish, Scrambled Eggs Fruit, Hot or Cold Cereal LUNCH White Bean Soup Cheese/Vegetable Quesadillas, Rice & Beans Rice Pudding DINNER Matzo Ball Soup, Spaghetti Meatballs, Zucchini & Squash, Garlic Bread Cherry Pie	BREAKFAST Coffee Cake Scrambled Eggs, Hash Browns Fruit, Hot or Cold Cereal LUNCH Garden Salad, Beef Fajitas Spanish Rice, Refried Beans Assorted Desserts DINNER Lemon Herb Roast Chicken Roasted Potatoes & Carrots Chocolate Cake
BREAKFAST Oatmeal, Lox & Bagel, Fruit Hot or Cold Cereal LUNCH Tortilla Soup Steak Burrito, Corn Avocado Salad, Watermelon, Tres Leches Cake DINNER Cream of Broccoli Soup, Chicken Cacciatore, Buttered Egg Noodles, Roasted Green Beans Blueberry Cobbler a la Mode	BREAKFAST Oatmeal, Waffles, Scrambled Eggs Hashbrown, Fruit, Hot or Cold Cereal LUNCH White Bean Soup Italian Chopped Salad Zucchini Bread Ice Cream DINNER Vegetable Soup Swedish Meatballs, Rice Pilaf Green Beans Almondine Peach Turnover	BREAKFAST Oatmeal, Baked Muffin, Cheese Omelet Breakfast Potatoes, Fruit Hot or Cold Cereal LUNCH Vegetable Noodle Soup Philly Cheesesteak Sandwich Potato Salad, Dill Pickle Spear Banana Cake DINNER Cream of Mushroom Chicken Piccata over Angel Hair Pasta Roasted Broccoli Apple Pie	