

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | |
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| SEPTEMBER 2020 | | | | | | | |
| | | BREAKFAST Oatmeal, Fresh Baked Muffin Eggs Any Style, Meat and Fruit LUNCH Tortilla Soup Beef Tacos, Spanish Rice, Beans, Pico de Gallo, Guacamole Caramel Flan DINNER Celery, Potato & Leek Soup Baked Whole Turkey, Peas & carrots Beans, Mashed Potato w/ Gravy Chef's Dessert | BREAKFAST Cream of Wheat, Pancakes, Eggs Any Style, Meat and Fruit LUNCH Sausage Pasta Soup Tuna Casserole Dinner Roll Broccoli Slaw Assorted Pudding DINNER Fideo Soup, Classic Meatloaf Red Skin Mashed Potatoes Sautéed Broccoli & Cauliflower Chef's Cake, Assorted Desserts (NSA) | BREAKFAST Oatmeal, French Toast Eggs Any Style, Meat and Fruit LUNCH Split Pea Sweet & Sour Chicken, Egg Noodles w/ Stir Fry Vegetables Sponge Cake DINNER Minestrone Cabbage Casserole Rice and Vegetables Baked Brown Sugar Cinnamon Apples | BREAKFAST Cream of Wheat, Cinnamon Rolls Eggs Any Style, Meat and Fruit LUNCH Matzo Ball Soup Mushroom & Spinach Quiche, Side Salad, Orange Cranberry Muffin Fruit DINNER White Bean Soup Pork Chops, Mashed Potatoes, Baked Beans, Chocolate Cake | BREAKFAST Oatmeal, Coffee Cake Eggs Any Style, Meat and Fruit LUNCH Cream of Cauliflower Grilled Chicken Artichoke Salad with Feta Cheese, Olives, & Cherry Tomatoes Peach Pie DINNER Far East Vegetable Soup Eggplant Parmesan w/ Toasted Brussels Sprouts, Au Gratin Potatoes Fruit Jello | |
| BREAKFAST Oatmeal, Bagel Blast Eggs Any Style, Choice of Meat & Fruit LUNCH Tomato Basil Grilled Cheese Sandwich Marinated Beet-Onion Salad Blueberry Pie, Pudding (Sugar free) DINNER Minestrone Beef Vegetable Lasagna Garlic Roll, Blended Vegetables Red Velvet Cake, NSA Assorted Desserts | BREAKFAST Cream of Wheat, Waffles Eggs Any Style, Meat and Fruit LUNCH Creamy Carrot Soup Mango Thai Chicken Salad Hawaiian Roll Banana Muffin, NSA Desserts DINNER French Onion Soup Pasta Marinara & Meatballs, Garlic Toast, Steamed Mixed Vegetables Brownies Labor Day | BREAKFAST Oatmeal, Banana Muffin Eggs Any Style, Meat and Fruit LUNCH Lentil Soup Shrimp Scampi with Rice Stir Fry Vegetables Banana Split DINNER Clam Chowder BBQ St. Luis Pork Ribs, Mashed Potatoes, Swiss Chard Carrot Cake | BREAKFAST Cream of Wheat, Pancakes Eggs Any Style, Meat and Fruit LUNCH Corn Chowder Soup Fish & Chips, Fries, Slaw Rice Pudding DINNER Matzo Ball Soup Chicken Pot Pie, Mashed Potatoes, Steamed Vegetables, Fruit | BREAKFAST Oatmeal, French Toast Eggs Any Style, Meat and Fruit LUNCH Cabbage Celery Soup Beef Lo Mein, Oriental Vegetables Chef's Desserts DINNER Soup Du Jour Stuffed Bell Peppers, Couscous, Glazed Carrots Eclair | BREAKFAST Cream of Wheat, Hash Browns Eggs Any Style, Meat and Fruit LUNCH Matzo Ball Soup Egg Salad Croissant Sandwich Three Bean Salad, Fresh Fruit Coffee Cake DINNER BBQ Chicken, Steamed Rice, Winter Mixed Vegetables, Chef's Cake | BREAKFAST Oatmeal, Assorted Danish Eggs Any Style, Meat and Fruit LUNCH Potato Leek Soup Egg Salad Sandwich Marinated Tomato Onion Salad Fruit, Banana Cream Cake DINNER Garden Vegetable, Beef Stew, Potato Casserole, Sautéed Spinach & Onions, Assorted Desserts | |
| BREAKFAST Oatmeal, bagel Blast, Eggs Any Style, Choice of Meat & Fruit LUNCH Garden Vegetable Egg Salad Croissant, Garden Salad, Bread Pudding DINNER Tomato Bisque Corned Beef and Cabbage, German Potato Salad Red Velvet Cake | BREAKFAST Cream of Wheat, Waffles Eggs Any Style, Meat and Fruit LUNCH Corn Chowder Soup Blue Cheese Hamburger French Fries and Side Salad Pie of the Day DINNER Corn and Okra Soup Texas Smoky Mac & Cheese Garlic Toast, Steamed Broccoli Warm Apple Pie | BREAKFAST Oatmeal, Fresh Baked Muffin Eggs Any Style, Meat and Fruit LUNCH Italian Wedding Soup Cobb Salad Flatbread Berries with Cream DINNER Gumbo Seafood Roasted Herb Lemon Chicken Corn on the Cob Banana Toffee Cake | BREAKFAST Cream of Wheat, Pancakes Eggs Any Style, Meat and Fruit LUNCH Vegetable Barley Soup Corned Beef Sandwich, Onion Rings Fruit, Jello DINNER Vegetable Soup Veal Parmesan Potatoes Garlic Bread, Creamy Spinach Pecan Pie | BREAKFAST Oatmeal, French Toast Eggs Any Style, Meat and Fruit LUNCH Cream of Broccoli Chef's Salad, Dinner Roll, Fruit, Carrot Cake DINNER Split Pea Soup Pan Seared Atlantic Salmon, Lemon Rice, Green Beans, Mango Sorbet | BREAKFAST Cream of Wheat, Eggs Any Style, Meat and Fruit LUNCH Matzo Ball Soup Cheese Blintz, Strawberry Apple Sauce, Sautéed Zucchini, Fruit, Strawberry Cake DINNER Minestrone Braised Beef Brisket Mashed Potatoes California Mixed Vegetables Honey Cake Rosh Hashanah Begins | BREAKFAST Oatmeal, Assorted Danish Eggs Any Style, Meat and Fruit LUNCH Navy Bean Soup Salmon Caesar Salad Garlic Roll, Fruit DINNER Mushroom Bisque, Chicken Carbonara Mashed Garlic Potatoes, Sautéed Green Beans Assorted Cookies & Ice Cream Oktoberfest Begins | |
| BREAKFAST Oatmeal, Lox and Bagel Eggs Any Style, Choice of Meat & Fruit LUNCH Tortilla Soup Fish Tacos, Spanish Rice and Refried Beans, Pico de Gallo and Sour Cream Sunday Sundae DINNER Garden Vegetable Soup, Chicken Cacciatore, Rice and Vegetable Mix, Cake of the Day | BREAKFAST Cream of Wheat, Waffles Eggs Any Style, Meat and Fruit LUNCH Ravioli with Shrimp, Sautéed Vegetable Ratatouille, Apple Upside Down Cake DINNER Potato Leek Soup Stir Fry Asian Style Chicken Rice and Stir Fry Vegetables Chef's Dessert | BREAKFAST Oatmeal, Muffin Eggs Any Style, Meat and Fruit LUNCH Chef's Soup Shrimp Fajitas, Beans & Rice, Tortillas, Salsa, Flan DINNER Cream of Butternut Squash Glazed Cornish Hen Wild Rice with Cranberries with Cabbage Assorted Desserts Autumn Begins | BREAKFAST Cream of Wheat, Pancakes Eggs Any Style, Meat and Fruit LUNCH Cream of Broccoli Turkey wrap Cole Slaw, Fruit Chef's Cake DINNER Navy Bean Soup Braised Leg of Lamb Mashed Garlic Potatoes Green Beans Casserole Wild Cherry Cake | BREAKFAST Oatmeal, French Toast Eggs Any Style, Meat and Fruit LUNCH Lentil Soup Egg Salad Croissant Garden Salad, Fruit Jello Assorted Desserts DINNER Chef's Soup Chicken Cordon Belu Mashed Garlic Potatoes, Root Vegetables Cobbler | BREAKFAST Cream of Wheat, Eggs Any Style, Meat and Fruit LUNCH Matzo Ball Soup Cheese Pizza Side Salad Fruit Cup DINNER Curried Lentil Soup Grilled Salmon Orzo Rice, Steamed Cauliflower Baked Cinnamon Caramel Apples | BREAKFAST Oatmeal, Assorted Choice of Meat and Fruit LUNCH Turkey Noodle Soup Chicken Pasta Alfredo Rosemary Bread, Garden Salad Berry Fruit Salad DINNER Vegetable Soup Chicken Kabobs, Saffron Rice, Grilled Vegetables Assorted Desserts | |
| BREAKFAST Oatmeal, Lox and Bagel Eggs Any Style, Choice of Meat & Fruit LUNCH Split Pea Turkey Croissant Sandwich Three Bean Salad Sunday Sundae DINNER Cream of Spinach Soup BBQ Chicken and Rice, Honey Roasted Brussels Sprouts Chocolate Cake Yom Kippur Begins | BREAKFAST Cream of Wheat, Waffles Eggs Any Style, Meat and Fruit LUNCH Cream of Vegetables Blue cheese Hamburger Lettuce, Tomato, Onion with BBQ Sauce French Fries and Fruit DINNER Chicken Cilantro Bisque Pan Seared Atlantic Salmon, Lemon Rice, Broccoli Casserole, Mango Sorbet | BREAKFAST Oatmeal, Fresh Baked Muffin Eggs Any Style, Meat and Fruit LUNCH Tortilla Soup Beef Tacos, Spanish Rice, Beans, Pico de Gallo, Guacamole Caramel Flan DINNER Celery, Potato & Leek Soup Baked Whole Turkey, Peas & carrots Beans, Mashed Potato w/ Gravy Chef's Dessert | BREAKFAST Cream of Wheat, Pancakes, Eggs Any Style, Meat and Fruit LUNCH Sausage Pasta Soup Tuna Casserole Dinner Roll Broccoli Slaw Assorted Pudding DINNER Fideo Soup, Classic Meatloaf Red Skin Mashed Potatoes Sautéed Broccoli & Cauliflower Chef's Cake, Assorted Desserts (NSA) | HELLO AUTUMN | | | |