









LEGEND: SR = Salt Restricted  , DB = Diabetic, Ch 1 = Choice 1 meal, Ch 2 = Choice 2 meal

SEPTEMBER MENU 2010

Please return menu to your driver no later than August 17th

CLIENT _____

Monday	Tuesday	Wednesday	Thursday	Friday
<p>8/30 Beef Stew French Style Green Beans Warm Applesauce Biscuit M & M Cookie</p>	<p>8/31 CH 1 Chicken w/ Lemon Sauce CH 2 Liver & Onions w/ Gravy Mashed Sweet Potatoes Brussel Sprouts Honey Wheat Roll Peach Crisp w/ Topping</p>	<p>1) Bistro Roast Beef Salad on Mixed Greens w/ Bleu Cheese Dressing Fresh & Light Potato Salad Garlic Roll Fresh Fruit Deliver holiday meal BBQ SAUCE 9/6/2010</p>	<p>2) Turkey Ala King Broccoli Biscuit Sugar Cookie</p> 	<p>3) CH1 Manicotti w/ Marinara Sauce CH2 Fish Stew Corn Dinner Roll Seasonal Fruit</p>
<p>6) CLOSED IN OBSERVANCE OF LABOR DAY HOLIDAY Frozen Meal Chicken Nuggets w/ BBQ Sauce Roasted Potatoes Peas Dinner Roll Chocolate Chunk Cookie</p>	<p>7) CH 1 Beef Burger w/ Cheese CH 2 Hot Dog Baked Beans Coleslaw Hamburger/Hot Dog Roll Seasonal Fruit</p>	<p>8) Fall Special CH1 Stuffed Chicken Breast w/ Apple Cranberry Sauce CH2 Shrimp Broccoli Alfredo Mashed Sweet Potatoes Honey Wheat Roll Apple Turnover</p> 	<p>9) Roast Pork w/ Gravy Mashed Potato Mixed Vegetables Oatmeal Bread Hermit Cookie</p>	<p>10) CH1 Chicken Marsala CH2 Macaroni & Cheese  (NOT FOR SR) Carrots Tossed Salad w/ Dressing Corn Bread Seasonal Fruit</p>
<p>13) Meatball Stew Green Beans Italian Bread Chocolate Pudding w/ Topping DB: Fruit</p>	<p>14) NEW MENU ITEM RECIPE ON BACK  Creamy Chicken and Peas w/ Penne Pasta Broccoli Capri Blend Vegetables Dinner Roll Oatmeal Raisin Cookie</p>	<p>15) CH1 Beef Burgundy CH2 Seafood Quiche Au gratin Potatoes Spinach Oatmeal Bread</p>  Chocolate iced chocolate B-day Cake	<p>16) CH 1 Turkey Salad CH 2 Ham & Egg Salad (Not for SR) Confetti Salad Tropical Fruit Salad Hamburger Bun Lemon Meringue Pie</p> 	<p>17) CH1 Vegetable Lasagna CH2 Ham w/ Pineapple Sauce  & Scalloped Potatoes (Not for SR) Zucchini Wheat Roll</p>
<p>20) Chicken Stir Fry Rice Mandarin Blend Vegetables Pineapple Juice Dinner Roll Oatmeal Raisin Cookie</p>	<p>21) Spaghetti & Meatballs (4oz Marinara Sauce) Corn Italian Bread Seasonal Fruit</p>	<p>22) Chicken Divan/ Over Penne Capri Blend Vegetables Wheat Bread Ginger Cookie</p>	<p>23) Salisbury Steak w/ Gravy Mashed Potatoes Wax Beans Dinner Roll Seasonal Fruit</p>	<p>24) CH1 Chicken Cutlet w/ gravy CH2 Lemon Pepper Fish w/ Tartar Sauce Au Gratin Potatoes Chef Blend Vegetables Wheat Bread Fruited Jello w/ Topping</p>
<p>27) Chicken Cacciatore (6 oz) Penne Pasta w/ Marinara (2oz) Cauliflower Garlic Roll Ambrosia</p>	<p>28) Sheppard's Pie Chef Blend Vegetables Wheat Roll Seasonal Fruit</p>	<p>29)  Pork Cassoulet Italian Seasoned Zucchini Oatmeal Bread Lemon Pudding DB: Fresh Fruit</p>	<p>30) Roast Turkey w/ Gravy Mashed Potatoes Winter Squash Cranberry Sauce Wheat Bread Pumpkin Chip Cookie</p>	<p>10/1) CH1 Breaded Chicken Breast w/ honey mustard CH2 Potato Crusted Fish w/ Lemon Wedge Mashed Potato Garden Blend Vegetable Italian Bread, seasonal fruit Seasonal Fruit</p>

