



# September 11<sup>th</sup> - September 17<sup>th</sup>

## Monday September 11<sup>th</sup>

### Breakfast

Breakfast Pizza  
Cream of Wheat

### Lunch

Lasagna  
Vegetable Lasagna  
Garlic Toast  
Green Beans GF

### Dinner

Italian Meatballs  
Pasta  
Vegetables GF

### Soup

Tuscan with Kale  
Clam Chowder

## Tuesday September 12<sup>th</sup>

### Breakfast

Tator Tot Breakfast  
Bake GF  
Oatmeal  
Hard Boiled Eggs GF

### Lunch

Flank Steak with Corn  
Salsa GF  
Pesto Spinach Quinoa  
Stuffed Tomato GF  
Roasted Red Potatoes  
GF  
Asparagus GF

### Dinner

Fish Tacos for MOW  
Beef Tacos for FOH  
Beans GF  
Rice GF  
Corn GF

### Soup

Chicken and Rice Soup  
Tomato Florentine

## Wednesday September 13<sup>th</sup>

### Breakfast

Skillet GF  
Grits

### Lunch

Chicken Tacos  
Fish Tacos  
Cilantro Lime Rice GF  
Corn GF  
Pinto Beans GF

### Dinner

Beef Stroganoff  
Egg Noodles  
Roasted Broccoli GF

### Soup

Garden Vegetable  
Crab and Corn  
Chowder

## Thursday September 14<sup>th</sup>

### Breakfast

Biscuits and Gravy  
Malt O Meal

### Lunch

Chicken Marsala  
Linguine  
Roasted Cauliflower  
with lemon Parsley  
dressing GF

### Dinner

Turkey Burger  
Sweet potato Wedges  
GF  
Vegetables GF

### Soup

Lentil and Sausage Soup  
Chickpea and lentil

## Friday September 15<sup>th</sup>

### Breakfast

Baked Oatmeal  
Cream of Wheat

### Lunch

Chili Lime Grilled shrimp  
skewers GF  
Grilled Chili Lime Chicken  
GF  
Rice GF  
Vegetables GF

### Dinner

Stuffed Shells  
Vegetables GF

### Soup

Santa Fa Black Bean  
Green Chili with Corn

## Saturday September 16<sup>th</sup>

### Breakfast

Pancakes  
Oatmeal  
Hard Boiled Eggs GF

### Lunch

Brisket GF  
Mac and Cheese  
Vegetables GF

### Dinner

Baked Honey Mustard  
Chicken GF  
Rice GF  
Vegetables GF

### Soup

Chefs Choice Soup

## Sunday September 17<sup>th</sup>

### Breakfast

French Toast  
Grits

### Lunch

Chicken Pot Pie  
Vegetables GF

### Dinner

Beef Stew  
Vegetables GF

### Soup

Chefs Choice Soup

\*Items are subject to change upon availability