






Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		9/1/2021	9/2/2021	9/3/2021	9/4/2021	9/5/2021
		Tilapia Brown & Wild Rice Roasted Red Potatoes Seasoned Green Beans Banana	Goulash Broccoli Italian Blend Fruit Juice	Chicken Parmesan w/ Spaghetti Noodles Seasoned Green Beans Applesauce	Homemade Beef Burrito Fiesta Corn Broccoli Banana	Spinach, Egg & Cheese Bake Roasted Pepper Strips Spiced Applesauce
9/6/2021	9/7/2021	9/8/2021	9/9/2021	9/10/2021	9/11/2021	9/12/2021
Crumb Baked Salmon Brown & Wild Rice Glazed Carrots Buttered Peas Fresh Apple 	Grilled Chicken Sandwich Roasted Red Potatoes Corn Fresh Orange	Meatloaf w/ Gravy Mashed Potatoes Seasoned Green Beans Banana	Salisbury Steak w/ Gravy Buttered Peas Baked Potato Whole Grain Roll Applesauce Cup	Chicken Cordon Bleu Red Mashed Potatoes Seasoned Brussel Sprouts Banana	Sweet & Sour Chicken Brown Rice Oriental Blend Broccoli Fruit Juice 	Beef Potroast w/ Gravy Mashed Potatoes Buttered Carrots Whole Grain Roll Fruit Cup
9/13/2021	9/14/2021	9/15/2021	9/16/2021	9/17/2021	9/18/2021	9/19/2021
Roast Pork w/ Gravy Sweet Potatoes Seasoned Green Beans Whole Grain Roll Fresh Apple	Beef Pepper Steak w/ Gravy Baked Potato Broccoli Fresh Orange	Cabbage Roll Casserole Diced Carrots Buttered Peas Banana	White Chicken Chili Blackbeans & Corn Dinner Roll Spiced Apples	Spaghetti w/ Meat Sauce Cauliflower Buttered Peas Banana	Cheese Omelet Turkey Sausage Red Potatoes Graham Crackers Spiced Peaches	Vegetarian Chili Blackbeans & Rice Buttered Peas Fruit Juice
9/20/2021	9/21/2021	9/22/2021	9/23/2021	9/24/2021	9/25/2021	9/26/2021
Macaroni & Cheese Cauliflower Black Beans & Corn Salad Fresh Orange	Hamburger Corn Broccoli Fresh Apple	Smothered Pork Cutlet Stuffing Broccoli Baked Potato Banana 	BBQ Chicken Thigh Brown Rice Sauteed Spinach Mixed Vegetables Peaches Cup	Salmon Burger w/ Dill Sauce Buttered Peas Sweet Potatoes Banana	Beef Stew Broccoli Dinner Roll Applesauce	Mini Pancakes Turkey Sausage Red Potatoes Fruit Juice
9/27/2021	9/28/2021	9/29/2021	9/30/2021			
Grilled Chicken Breast Brown & Wild Rice Roasted Red Potatoes Italian Blend Fresh Orange	Shepherd's Pie Mashed Potatoes Broccoli Applesauce	Chicken Tenders Roasted Red Potatoes Corn Banana	Swiss Steak w/ Gravy Mashed Red Potatoes Seasoned Brussel Sprouts Dinner Roll Fresh Apple			



Hearty Meals
616-459-3111

All meals served with milk

