

## Spring Summer Menu-September-2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1. Caprese Chicken, Garlic Bread, Broccoli  SUPPER: Chicken & Wild Rice Soup, Honey Mesquite Chicken & Cheddar Sandwich, Tomato Cous Cous Salad	2. Baked Halibut w/ Lemon Butter, Rice, Balsamic Glazed Brussels Sprouts  SUPPER: New England Clam Chowder, Tuna Melt, Greek Feta Pasta Salad	3. COOKOUT: Hot Dog or Hamburger, Potato Salad, Coleslaw  SUPPER: Minestrone Soup, Take-Out Pizza, Side Salad
4. Meatloaf, Mushroom Gravy, Mashed Potatoes, Baby Carrots  SUPPER: Onion Soup, Chicken Salad, Beet & Onion Salad	5. Manicotti, French Cut Green Beans, Italian Bread  SUPPER White Bean & Escarole Soup, Roast Beef and Cheddar Sandwich, Tomato Cous Cous Salad	6. Chicken a la King in a Puff Pastry, Zucchini  SUPPER: Tomato Soup, Grilled Cheese, Cucumber Salad	7. Tortellini Marinara, Asparagus  SUPPER: Vegetable Lentil Soup, Sliced Chicken & Cheese Croissant, Lettuce & Tomato	8. Turkey, Gravy, Stuffing, Mashed Potatoes, Butternut Squash  SUPPER: Minestrone Soup, Egg Salad Sandwich, Sweet Gherkins, Potato Chips	9. Shrimp Scampi over Angel Hair, Diced Beets  SUPPER: New England Clam Chowder, Grilled Cheese & Tomato	10. Grilled Chicken w/ Sun Dried Tomato Pesto, Green Beans, Buttered Rice  SUPPER: Garden Vegetable Soup, Hot Dog on a Bun, Baked Beans, Pickle
11. Teriyaki Pork Tenderloin, Sweet Potato Tots, Asian Coleslaw  SUPPER: Chicken Vegetable Rice Soup, Cottage Cheese Fruit Plate, Fruit Bread	12. Beef Stroganoff over Egg Noodles, Cauliflower  SUPPER: Onion Soup, Crab Cakes, Tartar Sauce, Cole Slaw	13. Baked Haddock, Baked Potato, Zucchini  SUPPER: Chicken Noodle Soup, Turkey Club, French Fries, Dill Pickle Spear	14. Balsamic & Fig Glazed Chicken, Buttered Rice, Broccoli  SUPPER: Tomato Soup, Lobster Salad Roll, 3 Bean Salad	15. COOKOUT: BBQ Chicken, Macaroni Salad, Coleslaw  SUPPER: Chicken & Wild Rice Soup, Garden Salad w/ Shrimp Cocktail	16. Baked Stuffed Sole Newburgh, Baked Potato, Peas & Pearl Onions  SUPPER: New England Clam Chowder, Seafood Salad Roll, Pickled Beets	17. Chicken Cacciatore over Pasta, Green Beans  SUPPER: Onion Soup, Ham Salad on Rye, Fruit Cup
18. Roast Beef Tenderloin w/ Red Wine Demi Glaze, Baked Potato, Peas & Pearl Onions  SUPPER: Minestrone Soup, Hot Dog on a Bun, Baked Beans, Pickle	19. Teriyaki Salmon, Roasted Potatoes, Beets  SUPPER: White Bean & Escarole Soup, Grilled Chicken over Garden Salad	20. Cranberry Meatballs over Rice, Baby Spinach  SUPPER: Tomato Soup, Tuna Salad Pocket, Coleslaw	21. Beef & Vegetable Stew, Biscuit  SUPPER: Chicken Noodle Soup, Egg Salad Sandwich, Potato Chips, Pickle Spears	22. Lasagna, Side Salad, Italian Bread  SUPPER: Butternut Squash & Apple Soup, Chicken Salad w/ Grapes, Cucumber Salad	23. Spinach & Artichoke Swordfish, Asparagus, Rice Pilaf  SUPPER: Tomato Soup, BLT, 3 Bean Salad	24. Chicken Piccata, Mashed Potatoes, Broccoli  SUPPER: Chicken Vegetable Rice Soup, Hamburger on a Bun, Onion Rings, Lettuce & Tomato
25. Baked Ham w/ Raisin Sauce, Mashed Sweet Potatoes, Cauliflower  SUPPER: Minestrone Soup, Thanksgiving Sub, Pickle	26. American Chop Suey, Wax Beans, Italian Bread  SUPPER: Tomato Soup, Quiche, Caprese Salad	27. Creamy Shrimp Fettuccine, Green Beans  SUPPER: Broccoli Cheddar Soup, Baked Fish Sandwich w/ Tartar Sauce, Tomato & Lettuce	28. Marinated Chicken Breast, Cilantro Lime Rice, Zucchini  SUPPER: Butternut Squash & Apple Soup, Cottage Cheese Fruit Plate, Fruit Bread	29. Swedish Meatballs over Rice, Broccoli  SUPPER: Garden Vegetable Soup, Macaroni & Cheese, Stewed Tomatoes	30. Baked Scallops, Baked Potato, Butternut Squash  SUPPER: New England Clam Chowder, Shrimp Salad Sandwich, Pickled Beets	31. Ravioli, Asparagus  SUPPER: Vegetable Lentil Soup, Sliced Turkey & Cheese on a Croissant, Lettuce & Tomato

\*\*\* ALL MEALS SERVED WITH MILK, COFFEE OR TEA. ALL DESSERTS CHOICE OF FRUIT OR DESSERT OF THE DAY \*\*\*