

Spring Summer Menu-September-2023

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