

Tuesday, September 1st

- Blackened Creole Fish
- Green Peas
- Creamy Coleslaw
- Banana

Wednesday, September 2nd

- Turkey meatballs
- Sauteed Spinach
- Caesar Salad
- Whole Grain Pasta

Thursday, September 3rd

- Mediterranean Lentils
- Broccoli
- Carrots
- Pita Brea

Friday, September 4th

LABOR DAY MENU

- Grilled Chicken Sandwich
- Carrots
- Cantaloupe
- Cucumber Radish Salad

Monday, September 7th

CLOSED FOR LABOR DAY

Tuesday, September 8th

- Beef Stir-Fry
- Broccoli
- Spaghetti Lo Mein
- Pineapple

Wednesday, September 9th

- Baked Chicken
- Red Beans
- Baked Yams
- Whole Grain Roll

Thursday, September 10th

- Fish Almandine
- Vegetable Soup
- Herbed Spinach
- Corn

Friday, September 11th

- Harissa Chickpeas
- Roasted Eggplant
- Honeydew Melon
- Whole Grain Pita

Monday, September 14th

- Beef Fajitas
- Corn
- Green Beans
- Whole Grain Tortilla

Tuesday, September 15th

- Chicken Chile Verde
- Pinto Beans
- Garlic Zucchini
- Cantaloupe

Wednesday, September 16th

- Fish Picatta
- Mushroom Soup
- Creamy Coleslaw
- Quinoa

Thursday, September 17th

- Beef Stew
- Garlic Kale
- Honeydew Melon
- Brown Rice

Friday, September 18th

- Turkey Bolognese
- Broccoli
- Mushrooms
- Whole Grain Pasta

Monday, September 21st

CLOSED FOR YOM KIPPUR

Tuesday, September 22nd

- Lemon Glazed Fish
- Carrots
- Minestrone Soup
- Quinoa

Wednesday, September 23rd

- Beef and Broccoli
- Sauteed Greens
- Honeydew Melon
- Brown Rice

Thursday, September 24th

- Chicken Pasta
- Green Peas
- Caesar Salad
- Whole Grain Pasta

Friday, September 25th

- Beef Chile Colorado
- Black Beans
- Zucchini w/ Herbs
- Whole Grain Tortilla

Monday, September 28th

- Fish w/ Garlic Sauce
- Spinach
- Corn
- Quinoa Pilaf

Tuesday, September 29th

Carne Asada

- Refried Beans
- Chayote w/ Onions & Tomatoes
- Shredded Cabbage

Wednesday, September 30th

Sesame Chicken

- Cantaloupe
- Whole Grain Lo Mein
- Bamboo Shoots & Cabbage

- Menu subject to change
- \$3 suggested donation

