


September 2017



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Café Hours Monday - Friday 1:30 AM - 1:00 PM</p>	<p><i>Happy Birthday to All of You Who Are Celebrating Your Birthday This Month!</i></p> 			<p>1</p> <p>Baked Ziti with Cheese Broccoli</p>
<p>4 Café Closed</p> 	<p>5</p> <p>Beef & Broccoli Stir Fry <i>over</i> Steamed Brown Rice Glazed Carrots with Ginger Red Pepper, Baby Corn, Water Chestnuts & Grn Beans</p>	<p>6</p> <p>Free Member Lunch Stuffed Bell Pepper with Ground Turkey & Barley Cauliflower RSVP Required</p>	<p>7</p> <p>Diced Tomatoes w/ Parsley Tuna Noodle Casserole Cauliflower, Carrots & Peas</p>	<p>8</p> <p>Carrot Salad Roast Pork Loin with Honey-Balsamic Glaze Brussels Sprouts</p>
<p>11</p> <p>Hamburger w/ Lettuce, Tomato & Cheese on Bun Roasted Red Potatoes Succotash w/ Red Pepper</p>	<p>12</p> <p>Turkey Shepherd's Pie Broccoli Carrots</p>	<p>13</p> <p>Pineapple Pork Steamed Brown Rice Peas & Carrots</p>	<p>14</p> <p>Pot Roast & Gravy Mashed Potatoes Zucchini, Tomatoes & Onion</p>	<p>15</p> <p>Chicken Pot Pie Steamed Spinach Carrots</p>
<p>18</p> <p>Lemon Chicken Breast with Herbs Parslied Potatoes Green Beans with Almonds</p>	<p>19</p> <p>Breaded White Fish w/ Tartar Sauce on W/W Bun Mashed Sweet Potatoes Corn</p>	<p>20</p> <p>Tomato/Parsley Salad Chicken Cordon Bleu with White Sauce Broccoli Brown Rice</p>	<p>21</p> <p>Romaine Salad w/ Kidney Bns Cheese Ravioli with Spinach & Tomato Sauce Cauliflower w/ Red Pepper</p>	<p>22</p> <p>Hot Roast Beef Sandwich on Open-Faced Bread with Gravy Mashed Potatoes Peas, Carrots & Pearl Onions</p>
<p>25</p> <p>Turkey Mediterranean Casserole with W/W Penne Cauliflower w/ Parsley</p>	<p>26</p> <p>Salisbury Steak with Brown Gravy Zucchini & Yellow Squash Whole Wheat Couscous</p>	<p>27</p> <p>Baked Fish with Sweet & Sour Sauce <i>over</i> Brown Rice Asian Mixed Vegetables Carrots</p>	<p>28</p> <p>Diced Tomatoes w/ Parsley Broccoli-Cheddar Quiche Potatoes O'Brien</p>	<p>29</p> <p>Chicken Enchilada Casserole Green Beans & Carrots Spanish Brown Rice</p>

Menu Subject to Change