



	Sun 09-17-2023	Mon 09-18-2023	Tue 09-19-2023	Wed 09-20-2023	Thu 09-21-2023	Fri 09-22-2023	Sat 09-23-2023
B R E A K F A S T	Fried Egg Hash Browns Fresh Fruit 100% Juice Whole Grain Toast	Sausage Grits Casserole Bacon Fresh Fruit 100% Juice Fresh Biscuits	Denver Egg Scramble Country Potatoes Fresh Fruit 100% Juice English Muffin	Strawberry Muffin Egg of Choice Fresh Fruit 100% Juice	Buttermilk Pancakes Sausage Link Fresh Fruit 100% Juice	Huevos Rancheros Egg of Choice Fresh Fruit 100% Juice Whole Grain Toast	Cheese Baked Eggs Breakfast Ham Fresh Fruit 100% Juice Fresh Biscuits
L U N C H	Mixed Green Salad Chicken Parmesan Sandwich Summer Pasta Salad Grilled Tomatoes	Mandarin Citrus Slaw Asian Orange Chicken Yakisoba Fried Noodles Broccoli Carrot Pepper Sauté Spring Egg Roll	Apricot Brown Sugar Ham Creamy Potatoes and Peas Fresh Vegetable Stir Fry Fresh Biscuits	Green Salad Lime Tarragon Turkey Cutlet Parsley New Potatoes Balsamic Roasted Vegetables Garlic Breadsticks	Avocado Chicken with Mushroom Sauce Mashed Red Potatoes Mixed Vegetables Baked Roll	Sour Cream Cucumber Salad Southwest Shredded Pork Lime Cilantro Rice Sautéed Red Cabbage	Corned Beef and Swiss on Rye Lyonnais Potatoes Bacon Ranch Pea Salad
DESSERT OF THE DAY							
	Blueberry Cobbler	Strawberry Rhubarb Pie	Banana Cake	Cheesecake with Fruit Topping	Decadent Brownie	Baked Flan	Chef's Dessert
D I N N E R	Homestyle Bean Bacon Soup Beef Pot Roast Braised Carrots and Celery Boiled Red Potatoes	Cream of Tomato Soup Apple Stuffed Pork Tenderloin Spinach Tomato Salad Baked Sweet Potato	Chicken and Corn Soup Chicken Cordon Bleu Capri Blend Confetti Rice Pilaf	Cabbage Beef Soup Pan Roasted Cod with Tomatoes and Bacon Risotto Cucumber Pepper Salad Mushroom Risotto	French Onion Soup Penne Eggplant Swiss Gratin Brussels Sprouts with Lemon Sauce Baked Parmesan Roll	New England Clam Chowder Baked Citrus Salmon Apple Spinach Salad Garlic Mashed Potatoes	Cream Corn and Turkey Soup BLT Turkey Salad Corn O'Brien Baked Roll
Milk offered at every meal							
Week 1							

Dietitian's Signature: *Demi Jager RDN 7-9-2023*  
#L10128