

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Meatballs w/ Onion Gravy Bowtie Pasta Roasted Brussels Sprouts Rice Krispy Treat Marble Rye Bread	2 Marinated Pork Loin Cornbread Stuffing California Vegetables Cinnamon Struesel Cake Diet = Lorna Doones Dinner Roll	3 BBQ Chicken Mashed Potatoes Mixed Vegetables Fresh Fruit Corn Muffin	4 Hot Dog on Bun Baked Beans Coleslaw Baked Apples Mustard
7 <u>LABOR DAY</u> No Meal Served	8 Chicken Stir Fry Steamed Rice Roast Broccoli Fresh Fruit Pumpernickel Bread	9 Vegetable Cheese Bake O'Brien Potatoes Stewed Tomatoes Blueberry Crisp Diet = Applesauce Marble Rye Bread	10 Bahn Mi Pork w/ BBQ Sauce Carrots Coleslaw Baked Cinnamon Pears Sandwich Roll	11 Lentil Stew Rice Pilaf Roasted California Veg. Yogurt Italian Bread
14 Roast Pork w/Gravy Cranberry Herb Stuffing Jardiniere Vegetables Mandarin Oranges Whole Wheat Bread	15 Ziti with Meat Sauce Mozzarella Cheese Broccoli & Red Peppers Fresh Fruit Italian Bread	16 Vegetarian Chili Roasted Potatoes Green Beans Lorna Doones Marble Rye Bread	17 Garlic Brown Sugar Chicken Mashed Potatoes Country Blend Veg. Chocolate Pudding Diet = Choc. Pudding Pumpernickel Bread	18 Beef & Bean Enchilada Vegetable Fried Rice Chuckwagon Corn Pineapple Pita Bread Sour Cream
21 Shepherd's Pie Carrots Peas Fresh Fruit Whole Wheat Bread	22 Chicken Fajitas Spanish Rice Black Beans & Corn Pineapple Sour Cream Pita Bread	23 Lasagna & Meatballs Marinara Sauce Tuscany Vegetables Baked Apples Italian Bread	24 Beef w/ Onions & Peppers Gemelli Pasta Broccoli Birthday Cake Diet = Half Piece Cake Marble Rye Bread	25 Lemon Pepper Fish Wild Rice Brussels Sprouts Chocolate Mousse Pumpernickel Bread Tartar Sauce
28 Buttermilk Chicken Herbed Potatoes Honey Glazed Carrots Fresh Fruit Marble Rye Bread	29 Beef Stew Steamed Rice Corn Fruit Crisp Diet = Applesauce Biscuit	30 Baked Potato w/ Chili & Cheese Broccoli Sour Cream Vanilla Mousse Pumpernickel Bread	Menu Subject to Change <i>Your \$3.00 Donation is Appreciated!</i>	

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SEPTEMBER 2026

ESWA Nutrition Program

www.eswa.org