

SEPTEMBER

ESWA Nutrition Program

Menu Subject to Change

Tuesday 1st

Meatballs with Onion Gravy

Bowtie Pasta

Roasted Brussels Sprouts

Rice Krispy Treat

Marble Rye Bread

Wednesday 2d

Marinated Pork Loin

Cornbread Stuffing

California Vegetables

Cinnamon Struesel Cake

Diet = Lorna Doones

Dinner Roll

Thursday 3rd

BBQ Chicken

Mashed Potatoes

Mixed Vegetables

Fresh Fruit

Corn Muffin

Friday 4th

Hot Dog on Bun

Baked Beans

Coleslaw

Baked Apples

Mustard

Monday 7th

LABOR DAY No Meals Served

Tuesday 8th

Chicken Stir Fry

Steamed Rice

Roasted Broccoli

Fresh Fruit

Pumpernickel Bread
Wednesday 9th Vegetable Cheese Bake O'Brien Potatoes Stewed Tomatoes Blueberry Crisp Diet = Applesauce Marble Rye Bread
Thursday 10th Bahn Mi Pork with BBQ Sauce Carrots Coleslaw Baked Cinnamon Pears Sandwich Roll
Friday 11th Lentil Stew Rice Pilaf Roasted California Vegetables Yogurt Italian Bread
Monday 14th Roast Pork with Gravy Cranberry Herb Stuffing Jardiniere Vegetables Mandarin Oranges Whole Wheat Bread
Tuesday 15th Ziti with Meat Sauce Mozzarella Cheese Broccoli and Red Peppers Fresh Fruit Italian Bread
Wednesday 16th Vegetarian Chili Roasted Potatoes Green Beans Lorna Doones Marble Rye Bread
Thursday 17th Garlic Brown Sugar Chicken Mashed Potatoes

Country Blend Vegetables
Chocolate Pudding
Diet = Diet Chocolate Pudding
Pumpernickel Bread

Friday 18th

Beef and Bean Enchilada

Vegetable Fried Rice
Chuckwagon Corn
Pineapple
Pita Bread
Sour Cream

Monday 21st

Shepherd's Pie

Carrots
Peas
Fresh Fruit
Whole Wheat Bread

Tuesday 22d

Chicken Fajitas

Spanish Rice
Black Beans and Corn
Pineapple
Sour Cream
Bread

Wednesday 23rd

Lasagna and Meatballs with Marinara Sauce

Tuscany Vegetables
Baked Apples
Italian Bread

Thursday 24th

Beef with Onions and Peppers

Gemelli Pasta
Broccoli
Birthday Cake
Diet = Half Piece Cake
Marble Rye Bread

Friday 25th

Lemon Pepper Fish

Wild Rice
Brussels Sprouts
Chocolate Mousse

Pumpernickel Bread
Tartar Sauce

Monday 28th

Buttermilk Chicken

Herbed Potatoes
Honey Glazed Carrots
Fresh Fruit
Marble Rye Bread

Tuesday 29th

Beef Stew

Steamed Rice
Corn
Fruit Crisp
Diet = Applesauce
Biscuit

Wednesday 30th

Baked Potato with Chili and Cheese

Broccoli
Sour Cream
Vanilla Mousse
Pumpernickel Bread