

1	Roast Beef & Brown Gravy Mashed Potatoes Parsley Cauliflower or Chicken Kiev Steamed Baby Carrots Apple Crisp	Ham & Cheese on a Roll or Chicken Salad Sandwich Minestrone Soup Diced Cantaloupe	12	Hot Dog / Onion & Relish or Hamburger Onion & Pickle Potato Salad Baked Beans Angel Food Cake & Strawb.	Beef Stew & Corn Bread Muffin or Chicken Ala King & Mashed Potatoes Diced Pears	23	Fried Chicken Legs & Gnocchi & Red Sauce or Cabbage Roll & Mashed Potatoes Garlic Bread Broccoli Florets or Green Beans Cheesecake / Cherry Sauce	Grilled Beef and Cheddar & Tomato Soup or Chicken Cordon Bleu & Mashed Potatoes & Gravy & Green Peas Tossed Salad Chilled Tropical Fruit
2	Cheese Ravioli & Ital. Tomato & Meat Sauce Tossed Salad or Turkey & Gravy over Fluffy Rice & Capri Blend Vegetables Garlic Bread Miss Piggy Cake	Chicken Strips & French Fries Broccoli Florets or Beef Roast & Gravy & Mashed Potatoes Roasted Butternut Squash Ambrosia Dessert	13	Deep Fried Fish Baked Potato & Sour Cr. or Baked Chicken & Gravy Buttered Corn & Mashed Potatoes Coleslaw Diced Cantaloupe	Chickin Kiev & Rice Pilaf or Salisbury Steak & Gravy & Mashed Potatoes Mixed Vegetable or Diced Carrots Fruit Cocktail	24	Lawry's Pasty & Ketchup or Breaded Pork Chop & Baked Potato & Sour Cr. Buttered Diced Carrots or Buttered Zucchini Oreo Dessert	Crispy Baked Fish & Tator Tots or Scalloped Pot. & Ham & Wh. W Bread & Butter Seasoned Spinach or Waxed Beans Orange Slices
3	Baked Pork Chop & Gravy & Parsley Red Potatoes Green Peas or Beef Pasty & Ketchup & Green Beans Black Forest Brownie	Salisbury Steak & Gravy or Baked Chicken & Gravy Mashed Potatoes Buttered Corn or Green Beans Sherbet	14	Italian Baked Chicken & Rotini Alfredo or Beef Roast & Gravy & Mashed Potatoes Whole Wh. Bread & Butter Broccoli Florets or Buttered Zucchini Raspberry Bar	Scalloped Potato & Ham & Green Peas or Chicken Salad Sandwich & Chicken Dumpling Soup Chocolate Pudding	25	Bratwurst on a Bun Or Grilled Chicken Sandwich Baked Beans Potato Salad Strawberry Pretzel Dessert	Shaved Turkey Sandwich & Turkey Vegetable Soup or Roast Beef Sandwich & Beef & Potato Soup Fresh Grapes
4	Hamburger Onion & Pickle or Grilled Chicken Sandwich Potato Salad Baked Beans Fresh Fruit	Ham Sandwich or Shaved Turkey Sandwich Navy Bean and Ham Soup Peanut Butter Cookie	15	Roast Pork & Gravy or Stuffed Green Peppers Garden Blend Wild Rice Normandy Blend Vegetables or Waxed Beans Whole Wheat Brd & Butter Jello -O Cake	Hamburger Gravy & Mashed Potatoes & Glazed Baby Carrots or Egg Salad Sandwich & Cream of Potato Soup Honey Dew	26	Breaded Pork Chop or Hamburger Gravy Mashed Potatoes Buttered Corn or Waxed Beans Wh. Wh. Bread & Butter Bread Pudding	Beef Pepper Steak & Fluffy Rice & Green Peas or Chicken Salad Sandwich & Chicken Rice Soup Fruit Cocktail
5	Herbed Chicken & Gravy & Egg Noodles or Salisbury Steak & Gravy & Mashed Potatoes Whole Wheat Brd & Butter Green Beans or Buttered Diced Carrots Pear Lime Gelatin	Beef Stir Fry & Fluffy Rice Broccoli Florets or Breaded Pork Chop Macaroni & Cheese Seasoned Asparagus White Bread & Butter Diced Peaches	16	Baked Cod & Melted Btr. or Roast Turkey/Gravy Parsley Buttered Potatoes Key West Blend Vegetable or Diced Carrots WWheat Dinner Roll & Butter Banana Split Dessert	Barbeque Sandwiches or Chicken Salad Sandwich Potato Pancakes Red Grapes	27	Cod Fish Strips French Fries or Country Fried Steak & Gry Mashed Potatoes & Whole Wheat Brd & Butter Coleslaw Orange Creme Dessert	Tuna Pasta Salad or Ham Pasta Salad Hard Boiled Egg Assorted Crackers Fresh Sliced Tomatoes Diced Peaches
6	Lemon Pepper Brd Fish & Parsly Btr. Red Potatoes or Lawry's Pasty & Ketchup Coleslaw Creamy Raspberry Dessert	Baked Ham or Chicken Kiev Au Gratin Potatoes Swedish Rye Bread & Butter Diced Cantaloupe	17	Lasagna & Broccoli Florets or Chicken Kiev & Mashed Potatoes & Mixed Vegetable Garlic Bread Pineapple Upside-down Cake	Beef Tips & Mushrooms & Mashed Potatoes & Buttered Corn or Egg Salad Sandwich & Chicken Rice Soup Fresh Fruit	28	Swedish Meatballs & Gravy & Egg Noodles or Sweet & Sour Chicken & Fluffy Rice Glazed Baby Carrots Fresh Fruit	Ham & Cheese Omelet American Fried Potatoes White Toast & Margarine or Beef Pasty & Ketchup & Broccoli Florets Spice Cookie
7	Country Fried Steak & Gravy or Fried Chicken Legs Mashed Potatoes Cream Corn or French Cut Green Beans Pumpkin Bar	Chicken Stew over a Split Biscuit & Skandinavian Blend Veg. or Ham Sandwich & Tomato Soup Diced Watermelon	18	BBQ Chicken Baked Potato & Sour Cream or Beef Roast & Gravy & Whipped Potatoes Green Peas or Green Beans Chocolate Cream Pie	Pickle & Bologna Sandwich or Tuna Salad Sandwich Cream of Potato Soup Banana	29	Beef Roast & Gravy or Chicken Kiev Mashed Potatoes Parsley/ Butter Cauliflower or Steamed Baby Carrots Wh Wheat Bread & Butter Apple Crisp	Ham & Cheese on a Roll or Chicken Salad Sandwich Minestrone Soup Diced Cantaloupe
8	Roast Turkey & Gravy & Savory Stuffing or Beef Roast & Gravy & Mashed Potatoes Glazed Baby Carrots or Green Peas Apple Pie	Pizza Casserole or Crispy Baked Fish & Parsley Buttered Potatoes Green Beans or Seasoned Spinach Ice Cream	19	Shredded Porketta Sandwich or Hamburger/Lettuce & Onion Baked Beans Coleslaw Ice Cream	Salisbury Steak & Gravy or Baked Ham Buttered Red Potatoes Hubbard Squash or Waxed Beans Diced Peaches	30	Italian Sausage Spaghetti & Red Sauce or Beef Meatballs & Gry & Mashed Potatoes Seasoned Asparagus Onion Bread Carrot Cake	Chicken Ala King & White Rice & Broccoli Florets or Ham & Swiss on Rye Cream Of Potato Soup Diced Peaches
9	Chicken Paprika & Egg Noodles or Veal with Onion Gravy & Mashed Potatoes Buttered Diced Carrots or Parsley/Butter Cauliflower WW Dinner Roll & Butter Mandarine Orange Gelatin	Polish Sausage/ Saurkrat or Salisbury Steak & Gravy American Fried Potatoes French Cut Green Beans or Seasoned Beets White Bread & Butter Fresh Grapes	20	Crispy Baked Fish Macaroni & Cheese or Beef Hamburger Gry Mashed Potatoes Prince Charles Blend Veg. or Parsley Cauliflower Black Cherry Gelatin	Beef & Pork Chop Suey Fluffy Rice White Dinner Roll or Baked Chicken & Gry Mashed Potatoes Buttered Carrot Coins Mandarin Oranges	<h1 style="text-align: center;">SEPTEMBER</h1> 		
10	Italian Sausage Spaghetti & Red Sauce or Baked Chicken & Gravy & Mashed Potatoes Broccoli Florets Garlic Bread Yellow Cake / Choco. Frost.	Stuffed Green Peppers Mashed Potatoes & Gravy & Mixed Vegetable or Turkey & Bacon Croissant & Tossed Salad Chocolate Chip Cookie	21	Baked Meatloaf or Baked Pork Chop & Gravy Oven Brown Potatoes Buttered Diced Carrots or Broccoli Florets Whole Wheat Bread & Btr. Cherry Streusel Dessert	Turkey & Gravy over Mashed Potatoes & Buttered Corn or Roast Beef Sandwich & Beef Barley Soup Diced Watermelon			
11	Hamburger Deep Dish Pie or Roast Turkey /Gravy & Mashed Potatoes Buttered Corn or Steamed Green Beans Ice Cream	Egg Salad Sandwich or Sld Bologna & Chs. Sand. Split Pea Soup or Chicken Noodle Soup Diced Watermelon	22	Baked Ham & Baked Sweet Potatoes or Veal with Onion Gravy & Mashed Potatoes French Cut Grn. Beans or Parsley/ Butter Caulf. Chocolate Cake /Butter Crm	Beef Roast & Gravy or Breaded Pork Chop Whipped Potatoes Cucumber Slices or Broccoli Florets Pistachio Pudding			