



## SEPTEMBER MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8/29 & 9/26	8/30 & 9/27	8/31 & 9/28	9/1 & 9/29	9/2 & 9/30
Meatloaf w/ Gravy	Smoked Sausage w/ Bun	Chicken Leg w/ Roll	Sweet & Sour Chicken	Pollock w/ Tartar Sauce
O'Brien Potatoes	Peach Crisp	Zucchini	Oriental Vegetables	O'Brien Potatoes
Turnip Greens	Coleslaw	Sweet Potatoes	Brown Rice	Summer Squash
Dinner Roll	Brussels Sprouts	Fresh Fruit	Wheat Bread	Pudding
9/5	9/6	9/7	9/8	9/9
<b>CLOSED</b>	Chicken Parmesan	BBQ Riblet w/ bun	Salisbury Steak w/ Gravy	Chili w/ Brown Rice
<b>IN RECOGNITION OF</b>	Parslied Noodle	Mashed Potatoes	Texas Toast	Corn Bread
<b>LABOR</b>	Brussels Sprouts	Green Beans w/ Red Peppers	Scalloped Potatoes	Zucchini & Onions
<b>DAY!</b>	Banana	Apple	Capri Vegetables	Orange
9/12	9/13	9/14	9/15	9/16
Shrimp & Yellow Rice	Crab Cake w/ Cocktail Sauce	Beef Pot Pie	BBQ Pork on Bun	Chicken Leg w/ Roll
Peas & Mushrooms	Mashed Potatoes	Zucchini	BBQ Beans	Green Beans
Creamed Spinach	Sugar Snap Peas	Brown Rice	Turnip Greens	Sweet Potatoes
Wheat Bread	Banana; Lemon pudding	Dinner Roll; Fruit	Fresh Fruit	Banana
9/19	9/20	9/21	9/22	9/23
Beef Meatballs w/ Gravy	Beef & Broccoli	Spaghetti w/ Meat Sauce	Chicken Piccata	Hamburger w/ Bun
Squash Casserole	Ginger Carrot Coins	Apple Crisp	Zucchini & Onions	Lima Beans
Beets	Fruit Compote	Italian Vegetables	Navy Beans	Spinach
Texas Toast	Sourdough Bread	Italian Bread; Fruit	Orange; Wheat Roll	Lettuce & Tomato

\*\*\* Items containing seafood are printed in red \*\*\*

PLEASE CALL 919.833.1749 TO CANCEL DELIVERY FOR SPECIFIC DAYS