

# WHAT'S COOKING?

## LUNCH MENUS FOR September 10-October 07, 2017

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
10	11	12	13	14	15	16
<b>Baked Chicken With Cranberry Sauce Garnish</b> <small>(Roast Pork)</small> <b>Whipped Potatoes with Gravy</b> <b>Whole Kernel Corn</b> <small>(Diced Carrots)</small> <b>Peach Pie</b>	<b>Italian Meatballs over Spaghetti</b> <small>(Macaroni and Cheese)</small> <b>Tossed Salad</b> <small>(Pickled Beets)</small> <b>with Creamy Italian Dressing</b> <small>(Diet Ranch Dressing)</small> <b>Garlic Toast</b> <b>Blueberry Fruit Parfait</b>	<b>Hamloaf with Mustard Sauce</b> <small>(Baked Haddock)</small> <b>Au Gratin Potatoes</b> <small>(Whipped Potatoes)</small> <b>Peas and Carrots</b> <small>(Green Bean)</small> <b>Potato Roll</b> <b>Fruit Cocktail</b>	<b>Chop Suey over Steamed Rice</b> <small>(Macaroni and Cheese)</small> <b>Sugar Snap Pea Pods</b> <small>(Asparagus)</small> <b>Chow Mein Noodles</b> <b>Angel Food Cake with Strawberry Topping</b>	<b>Grilled Reuben Sandwich</b> <small>(Turkey Tetrazzini)</small> <b>Waffle Fries</b> <small>(Whipped Potatoes)</small> <b>Creamy Coleslaw</b> <small>(Two Bean Salad)</small> <b>Dill Pickle Spear</b> <b>Butterscotch Ice Cream Sundae</b>	<b>Butterflied Shrimp with Cocktail Sauce</b> <small>(Baked Haddock/Scrambled Eggs)</small> <b>French Baked Potatoes</b> <small>(Whipped Potatoes)</small> <b>Dressed Spinach Salad</b> <small>(Pea Salad)</small> <b>Rye Bread</b> <b>Cinnamon Streusel</b> <b>Coffee Cake</b>	<b>Ham-Stuffed Chicken w/ White Cheese Sauce</b> <small>(Meatloaf)</small> <b>Noodles Romanov</b> <small>(Whipped Potatoes)</small> <b>California Blend Vegetables</b> <small>(Asparagus)</small> <b>Black Forest Bar</b>
17	18	19	20	21	22	23
<b>Roast Pork with Spiced Apple Ring</b> <small>(Roast Beef)</small> <b>Baked Sweet Potato</b> <small>(Whipped Potatoes)</small> <b>Wax Beans</b> <small>(Spinach)</small> <b>Strawberry Rhubarb Fruit Cup</b>	<b>Braised Beef Tips and Peppers</b> <small>(Macaroni and Cheese)</small> <b>Garlic Mashed Potatoes</b> <b>Tossed Salad</b> <small>(Pickled Beets)</small> <b>With French Dressing</b> <small>(Diet Ranch Dressing)</small> <b>Warm Garlic Roll</b> <b>Ranger Cookie</b>	<b>Lasagna with Tomato Sauce</b> <small>(Turkey Tetrazzini)</small> <b>Steamed Zucchini</b> <small>(Diced Carrots)</small> <b>Warm Breadstick</b> <b>Vanilla Cheesecake</b>	<b>Memphis Style Pork Ribs</b> <small>(Chicken Breast)</small> <b>Cheesy Hashbrowns</b> <small>(Whipped Potatoes)</small> <b>Southern Hot Slaw</b> <small>(Wax Beans)</small> <b>Sweet Potato Pie</b>	<b>Salisbury Steak</b> <small>(Turkey Loaf)</small> <b>Whole Kernel Corn</b> <small>(Green Bean)</small> <b>Whipped Potatoes With Gravy</b> <b>Banana Cake</b>	<b>Grilled Haddock with Tartar Sauce</b> <small>(Meatloaf)</small> <b>Baked Potato</b> <small>(Whipped Potatoes)</small> <b>Roasted Brussels Sprouts</b> <small>(Asparagus)</small> <b>Rye Bread</b> <b>Raspberry Jell-o with Peaches</b>	<b>Chicken Breast with Supreme Sauce</b> <small>(Salisbury Steak)</small> <b>Steamed Red Potatoes</b> <small>(Whipped Potatoes)</small> <b>Mixed Vegetables</b> <small>(Squash)</small> <b>Poppyseed Cake with Icing</b>
24	25	26	27	28	29	30
<b>Veal Piccata with Lemon Sauce</b> <small>(Macaroni and Cheese)</small> <b>Noodles Romanov</b> <small>(Whipped Potatoes)</small> <b>Harvard Beets</b> <small>(Diced Carrots)</small> <b>Blushing Pear</b>	<b>Teriyaki Meatballs</b> <small>(Baked Haddock)</small> <b>over Steamed Rice</b> <small>(Whipped Potatoes)</small> <b>Sugar Snap Pea Pods</b> <small>(Asparagus)</small> <b>Fortune Cookie</b> <b>Tapioca Pudding</b>	<b>Baked Chicken</b> <small>(Meatloaf)</small> <b>With Cranberry Sauce</b> <b>Country Dumpling with Chicken Gravy</b> <small>(Whipped Potatoes)</small> <b>Squash</b> <small>(Wax Beans)</small>	<b>New England Style Boiled Dinner:</b> <b>Ham</b> <small>(Pork Roast)</small> <small>(Meat Loaf)</small> <b>Boiled Potatoes with Carrots</b> <small>(Whipped Potatoes)</small> <b>Steamed Cabbage</b>	<b>Meatloaf with Tomato Sauce</b> <small>(Chicken Fillet with Supreme Sauce)</small> <b>Baked Potato</b> <small>(Whipped Potatoes)</small> <b>California Blend Vegetables</b> <small>(Asparagus)</small>	<b>Potato Pancakes with Syrup</b> <small>(Whipped Potatoes)</small> <b>Bacon Strips</b> <small>(Scrambled Eggs)</small> <b>Applesauce</b> <b>Pumpkin Square</b>	<b>Chicken Pot Pie</b> <small>Hamburger with a Bun)</small> <b>Tossed Salad</b> <small>(Waldorf Salad)</small> <b>With Thousand Island Dressing</b> <small>(Diet French Dressing)</small> <b>Chocolate Sundae</b>

		<b>Frozen Strawberry Yogurt</b>	(Wax Beans) <b>Potato Roll</b> <b>Orange Jell-o Poke Cake</b>	<b>Date Cake</b>		
<b>01</b>	<b>02</b>	<b>03</b>	<b>04</b>	<b>05</b>	<b>06</b>	<b>07</b>
<b>BBQ Pork Ribs</b> (Meatloaf) <b>French Fries</b> (Whipped Potato) <b>Pea Salad</b> (Carrot Salad) <b>Banana Cream Pie</b>	<b>Smoked Beef Au Jus</b> (Turkey Tetrazzini) <b>Baked Potato</b> (Whipped Potatoes) <b>Cucumbers Vinaigrette</b> (Tossed Salad with French Dressing) <b>Potato Roll</b> <b>Iced Apple Bar</b>	<b>Italian Meat Sauce</b> (Turkey Loaf) <b>Over Spaghetti</b> (Whipped Potatoes) <b>Tossed Salad With Ranch Dressing</b> (Carrot Salad) (Diet French Dressing) <b>Warm Garlic Toast</b> <b>Chocolate Ice Cream</b>	<b>Pork Chop with Bacon, Apple and Onions</b> (Meatloaf) <b>Roasted Red Potatoes</b> (Whipped Potatoes) <b>Pickled Beets</b> (2 Bean Salad) <b>Warm Dinner Roll</b> <b>Double Chocolate Pudding</b>	<b>Sliced Turkey with Cranberry Sauce</b> (Pork Roast) <b>Sage Dressing with Gravy</b> (Whipped Potatoes) <b>Fresh Baked Squash</b> (Asparagus) <b>Spice Cake</b>	<b>Lemon Pepper Tilapia with Tartar Sauce</b> (Hot Sliced Turkey) <b>Garlic Whipped Potatoes</b> <b>Fresh Spinach Salad</b> (Pea Salad) <b>With Bacon Vinaigrette Dressing</b> (Diet French Dressing) <b>Rye Bread</b> <b>Raspberry Sherbet</b>	<b>Chicken Dijon</b> (Tater Tot Hot Dish) <b>Vegetable Fried Rice</b> (Whipped Potatoes) <b>Braised Red Cabbage</b> (Peas) <b>Carrot Cake with Icing</b>