

# Week at a Glance


September, the month of prayers

Week 2

SUNDAY, 9/5/2021	MONDAY, 9/6/2021	TUESDAY, 9/7/2021	WEDNESDAY, 9/8/2021	THURSDAY, 9/9/2021	FRIDAY, 9/10/2021	SATURDAY, 9/11/2021
<b>Breakfast</b>						
Cinnamon French Toast Syrup / Margarine Breakfast Meat of Choice ♥ Seasonal Fruit ♥ Hot or Cold Cereal  ♥ Choice of Juice Milk ♥ Coffee / Tea / Decaf	Ham Egg Bake ♥ Toast Butter or Margarine & Jelly ♥ Seasonal Fruit ♥ Hot or Cold Cereal  ♥ Choice of Juice Milk ♥ Coffee / Tea / Decaf	Pancakes Syrup / Margarine Breakfast Meat of Choice ♥ Seasonal Fruit ♥ Hot or Cold Cereal  ♥ Choice of Juice Milk ♥ Coffee / Tea / Decaf	Egg Benedict on English Muffin ♥ Toast ♥ Seasonal Fruit ♥ Hot or Cold Cereal  ♥ Choice of Juice Milk ♥ Coffee / Tea / Decaf	Corned Beef Hash ♥ Choice of Egg ♥ Toast ♥ Seasonal Fruit ♥ Hot or Cold Cereal  ♥ Choice of Juice Milk ♥ Coffee / Tea / Decaf	♥ Belgian Waffle Breakfast Meat of Choice ♥ Seasonal Fruit ♥ Hot or Cold Cereal  ♥ Choice of Juice Milk ♥ Coffee / Tea / Decaf	Blintz Brunch Bake with Blueberry Topping Breakfast Meat of Choice ♥ Seasonal Fruit ♥ Hot or Cold Cereal  ♥ Choice of Juice Milk ♥ Coffee / Tea / Decaf
<b>Lunch</b>						
♥ Sweet Potato Soup  Chicken Florentine ♥ Angel Hair Pasta ♥ Asparagus with Red Peppers ♥ Bread or Roll & Butter or Margarine  <i>Meatballs with Marinara Sauce</i> ♥ Angel Hair Pasta ♥ Asparagus with Red Peppers ♥ Bread or Roll & Butter or Margarine	Broccoli Cheese Soup  ♥ Roast Beef Au Jus ♥ Baked Potato ♥ Parslied Baby Carrots ♥ Bread or Roll & Butter or Margarine  <i>Vegetable Strata</i> <i>Mixed Salad Greens with Dressing</i> ♥ Bread or Roll & Butter or Margarine	Chicken Couscous Soup  French Onion Pork Chop ♥ Rice Pilaf ♥ Spring Blend Vegetables ♥ Bread or Roll & Butter or Margarine  <i>Pan Seared Chicken</i> ♥ Rice Pilaf ♥ Spring Blend Vegetables ♥ Bread or Roll & Butter or Margarine	Creamy Onion Soup  Smothered Steak with Mushroom Gravy Oven Brownd Potatoes ♥ Basil Green Beans ♥ Bread or Roll & Butter or Margarine  <i>Pesto Primavera Penne</i> <i>Caesar Salad</i> ♥ Garlic Bread	Meatball Soup  ♥ Roasted Turkey Breast Gravy Savory Dressing ♥ Seasoned Peas ♥ Bread or Roll & Butter or Margarine  ♥ Braised Beef Tips ♥ Rice Medley ♥ Seasoned Peas ♥ Bread or Roll & Butter or Margarine	♥ Cauliflower Soup  ♥ Catch of the Day Potatoes Fried ♥ Sautéed Zucchini ♥ Bread or Roll & Butter or Margarine  ♥ Honey Basil Chicken <i>Potatoes Fried</i> ♥ Sautéed Zucchini ♥ Bread or Roll & Butter or Margarine	♥ Savory Mushroom Soup  Pot Roast ♥ Smashed Potatoes ♥ Seasoned Fresh Broccoli ♥ Bread or Roll & Butter or Margarine  ♥ Pork Schnitzel <i>with Dill Sauce</i> ♥ Smashed Potatoes ♥ Seasoned Fresh Broccoli ♥ Bread or Roll & Butter or Margarine
Pistachio Pudding Cake ♥ Choice of Beverage	Chocolate Trifle ♥ Choice of Beverage	Triple Berry Crisp ♥ Choice of Beverage	Apple Pie ♥ Choice of Beverage	Macadamia Nut Cookie ♥ Choice of Beverage	Raspberry Swirl Cake ♥ Choice of Beverage	♥ Strawberry Mango Fruit Cup ♥ Choice of Beverage
<b>Dinner</b>						
♥ Sweet Potato Soup  ♥ Lemon Butter Baked Cod ♥ Lemon Wedge Tartar Sauce Hash Browns Au Gratin ♥ Seasoned Green Beans ♥ Bread or Roll & Butter or Margarine  <i>Kielbasa with Mustard</i> <i>Hash Browns Au Gratin</i> ♥ Seasoned Green Beans ♥ Bread or Roll & Butter or Margarine	Broccoli Cheese Soup  Turkey Reuben Sandwich Pickle ♥ Sweet Potato Wedges  <i>Beef Chili</i> ♥ Sweet Potato Wedges <i>ketchup</i> Cornbread & Butter or Margarine	Beef Noodle Chow Mein ♥ Sugar Snap Peas Fortune Cookies  <i>Chicken Couscous Soup</i> ♥ Crackers <i>Tuna Salad on Croissant</i> ♥ Marinated Tomato Salad	Shrimp and Cheese Quesadilla ♥ Pineapple Mango Salsa Sour Cream ♥ Black Bean Salad  <i>Creamy Onion Soup</i> ♥ Crackers <i>Spinach Strawberry Chicken Salad</i> ♥ Bread or Roll & Butter or Margarine	BBQ Pork on a Bun ♥ Garlic Mashed Potatoes ♥ Glazed Carrots  <i>Meatball Soup</i> ♥ Crackers <i>Grilled Cheese and Tomato Sandwich</i> <i>Tater Tots</i> <i>ketchup</i>	Cheeseburger Casserole Dill Pickle Chips House Salad with Dressing ♥ Bread or Roll & Butter or Margarine  ♥ Cauliflower Soup ♥ Crackers <i>Chef Turkey Salad with Dressing</i> ♥ Bread or Roll & Butter or Margarine	♥ Oven Fried Chicken and Slaw Sandwich Baked Beans  ♥ Savory Mushroom Soup ♥ Crackers ♥ Fresh Fruit and Cottage Cheese Plate ♥ Bread or Roll & Butter or Margarine
Banana Pineapple Dessert Milk ♥ Coffee / Tea / Decaf	Peanut Butter Cookie Milk ♥ Coffee / Tea / Decaf	Coconut Citrus Bar Milk ♥ Coffee / Tea / Decaf	Chocolate Tres Leches Cake Milk ♥ Coffee / Tea / Decaf	Creamy Peach Pudding Milk ♥ Coffee / Tea / Decaf	Chocolate Chip Cheesecake Bar Milk ♥ Coffee / Tea / Decaf	Lemonade Icebox Pie Milk ♥ Coffee / Tea / Decaf
<b>Snack</b>						
Snack of Choice ♥ Juice	Snack of Choice ♥ Juice	Snack of Choice ♥ Juice	Snack of Choice ♥ Juice	Snack of Choice ♥ Juice	Snack of Choice ♥ Juice	Snack of Choice ♥ Juice

A heart ♥ on the menu denotes foods that are low in Sugar, low in Salt or No Added Salt, and low in Fat.

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Approved by:  Linda K. Crandall, RD  
Registered Dietitian August 14, 2021