


SEPTEMBER 2018
Frozen Meal Plan

Menu is subject to change without notice

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
 <p>September 3 is Labor Day Holiday</p>		<p>Do you know that....</p> <ol style="list-style-type: none"> breakfast meals are heated to 2-3 minutes only? you can increase cooking time of veggies by 1-2 minutes to make it more tender and decrease cooking time if you want a crispy texture? bananas turn brown when refrigerated and still good to eat? the white envelope you receive with your meals contains vitamins to ensure you are receiving optimal nutrition for your age group? you can call the nutrition department at 415 920 1111 if you have any question around food and your diet? 			<p>1 Baked Chicken/ Garlic Herb Sauce) Sweet Potatoes Green Peas</p> <p>Meatloaf with Gravy Brown Rice Green Beans</p> <p>Muffin Margarine Fruit Juice Fresh Fruit/ Milk</p>	<p>2 Turkey Breast/ Poultry Gravy Yukon Potatoes Garden Veggie Blend</p> <p>Carne Asada Brown Rice Mixed Veggies</p> <p>Tortilla Corn O'Brien Salad Fruit Juice Fresh Fruit/ Milk</p>
<p>3 Labor Day Holiday Cheese Enchiladas/ Ranchero Sauce Italian Veg. Blend</p> <p>Macaroni & Cheese Broccoli</p> <p>Raisins Fresh Fruit Milk</p>	<p>4 Bourbon BBQ Beef Sweet Potatoes Green Beans Mushroom Omelet Pancakes/ Peaches Pancake Syrup <i>(Db/Ls: diet syrup)</i> Tossed Salad/ Drsg Margarine/Fr. Fruit Gelatin <i>Db/Ls- diet gelatin</i> Milk</p>	<p>5 Flounder/Lemon Caper Sauce Couscous Green Peas Country Veg. Blend</p> <p>Kale Soup (turkey ham) Muffin Coleslaw Fruit Juice Fresh Fruit Milk</p>	<p>6 Cuban Veggie Patty Plantains Mixed Veggies</p> <p>Beef Brisket/ Ginger/PA Sauce Brown Rice Green Peas Braised Red Cabbage</p> <p>Pineapple Tidbits Fresh Fruit/ Milk</p>	<p>7 Tandoori Chicken Curried Lentils Ca. Veggie Blend</p> <p>Chili con Carne Cornbread</p> <p>Crackers <i>(Db/Ls: unsalted)</i> Carrot Raisin Salad Fresh Fruit Fruit Juice Milk</p>	<p>8 Chili Verde Brown Rice Sliced Carrots Green Peas</p> <p>Scrambled Eggs O'Brien Potatoes Tropical Fruit</p> <p>Fresh Fruit Milk</p>	<p>9 Thai Chicken Curry Jasmine Rice Broccoli Cauliflower</p> <p>Beef and Bell Pepper Bowl WK Corn</p> <p>Tropical Fruit Fresh Fruit Milk</p>
<p>10 Vegetable Frittata Lentils Provencal Capri Veg. Blend</p>	<p>11 Chicken A La King Egg Noodles Whole Kernel Corn Broccoli</p>	<p>12 Guatemalan Beef Stew Brown Rice Ca. Veg. Blend</p>	<p>13 Baked Chicken/ Honey Balsamic Sc O'Brien Potatoes Spinach</p>	<p>14 Salmon Patty/Dill Sauce Sweet Potatoes Mixed Veggies</p>	<p>15 Diced Pork/Cherry Sauce Yukon Potatoes Green peas</p>	<p>16 Beef Stroganoff Egg Noodles Green Beans Cauliflower</p>

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<p>10 Monday Veggie Burger Mushroom Gravy O'Brien Potatoes Swiss Chard Pudding <i>(Ls/Db:diet pudding)</i> Prunes Fresh Fruit/ Milk</p>	<p>11 Tuesday Italian Bean Soup Muffin Margarine Fruit Juice Fresh Fruit Milk</p>	<p>12 Wednesday Scrambled Eggs Waffles Margarine Pancake Syrup <i>(Ls/Db-diet syrup)</i> Tropical Fruit Tossed Sld/Drsg Fresh Fruit Milk</p>	<p>13 Thursday Breakfast Burrito/ Shredded Cheese Whole Kernel Corn Sliced Apples Fresh Fruit Milk</p>	<p>14 Friday Chicken/Wild Rice Soup Saltine Crackers <i>(Ls/Db – unsalted)</i> Coleslaw Tropical Fruit Fresh Fruit/ Milk</p>	<p>15 Saturday Spaghetti with Beef Sauce Succotash Bread/ Margarine Raisins Fresh Fruit Milk</p>	<p>16 Sunday Chicken Patty Waffles Pancake Syrup Ls/Db: Diet Syrup Mandarin Orange Fresh Fruit Milk</p>
<p>17 Veg. Cottage Pie Whole Kernel Corn Broccoli</p> <p>Scrambled Eggs Pancakes/ Syrup Peaches Margarine Fresh Fruit Milk</p>	<p>18 Diced Chicken/ Pesto Sauce Fettuccini Green Peas Tuscany Veggies</p> <p>Broccoli Cheese Soup Muffin Margarine Fresh Fruit Raisins Milk</p>	<p>19 Stuffed Salmon/ Garlic Herb Sauce Butternut Squash Edamame</p> <p>Greek Pastitsio Mixed Veggies Spinach Salad Gelatin <i>(LS/DB – Diet Gelatin)</i> Pineapple Tidbits Fresh Fruit Milk</p>	<p>20 BBQ Pork Rib Patty Sweet Potatoes Swiss Chard</p> <p>Mexican Turkey Meatball Soup Corn Bread</p> <p>Margarine Cilantro Coleslaw Fruit Juice Fresh Fruit Milk</p>	<p>21 Salisbury Steak Brown Gravy Whipped Potatoes Collard Greens Capri Veg. Blend</p> <p>Breakfast Burrito Shredded Cheese Tropical Fruit</p> <p>Fresh Fruit Milk</p>	<p>22 Baked Cod Loin/ Vera Cruz Sauce Herbed Rice Spinach WK Corn</p> <p>Egg Patty Sausage Patty English Muffin</p> <p>Sliced Cheese Prunes Fresh Fruit Milk</p>	<p>23 Chicken Enchiladas Ranch Beans Summer Veggie Blend</p> <p>Beef Curry Rice Garden Veggie Blend Wheat Roll Margarine Fruit Juice Fresh Fruit Milk</p>
<p>24 Cheese Tortellini/ Cheese Sauce Capri Veggie blend Swiss Chard</p> <p>Cannellini Bean Cacciatore WK Corn Broccoli Fresh Fruit Blueberries Milk</p>	<p>25 Corned Beef Cabbage Parslied Potatoes Diced Carrots</p> <p>Chicken Veg. Orzo Soup Muffin/ Margarine Pudding <i>(LS/DB – diet)</i> Fruit Juice Fresh Fruit/ Milk</p>	<p>26 Chicken Shawarma/ Creamy Yog Sce O'Brien Potatoes Garden Veg. Bld</p> <p>Scrambled Eggs Pancakes/ Syrup <i>LS/DB – diet</i> Fruit Cocktail Margarine Tom. Cucum. Sld. Fresh Fruit/ Milk</p>	<p>27 Potato Crusted Pollock Couscous WK Corn Summer Veggie</p> <p>Veg. Frittata Potato O'Brien Tropical Fruit Cilantro Coleslaw Fruit/ Tartar Sauce Margarine/ Milk</p>	<p>28 Pork Adobo Brown Rice Green Peas Asian Veggie Blend</p> <p>Tortellini Tom. Spinach Soup Muffin/ Margarine Raisins Fresh Fruit Milk</p>	<p>29 Baked Chicken/ Mediterranean Sce Quinoa Spinach</p> <p>Cheese Ravioli Vera Cruz Sce. Mixed Veggies Pineapple tidbits Fresh Fruit Milk</p>	<p>30 Hawaiian Beef Meatballs Brown Rice Broccoli Cauliflower</p> <p>Moroccan Chicken Stew WK Corn Tropical Fruit Fresh Fruit Milk</p>