


**SEPTEMBER 2018**  
Hot / Chilled Meal Plan

Menu is subject to change without notice

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
 <p align="center">September 3 Is Labor Day Holiday</p>		<p><b>Do you know that....</b></p> <ol style="list-style-type: none"> <li>breakfast meals are heated to 2-3 minutes only?</li> <li>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?</li> <li>bananas turn brown when refrigerated and still good to eat?</li> <li>the white envelope you receive with your meals contains vitamins to ensure you are receiving optimal nutrition for your age group?</li> <li>you can call the nutrition department at 415 920 1111 if you have any question around food and your diet?</li> </ol>			<p><b>1</b> <b>Baked Chicken/</b> Garlic Herb Sauce) Sweet Potatoes Green Peas</p> <p><b>Peanut Butter</b> Jelly WW Bread Coleslaw Fruit Juice Fresh Fruit Milk</p>	<p><b>2</b> <b>Turkey Breast/</b> Poultry Gravy Yukon Potatoes Garden Veggie Blend</p> <p><b>Swiss Cheese</b> WW Bread Mayo Corn O'Brien Salad Fruit Juice Fresh Fruit/ Milk</p>
<p><b>3 LABOR DAY HOLIDAY</b> <b>Cheese Enchiladas/</b> Ranchero Sauce Italian Veg. Blend</p> <p><b>Plain Greek Yogurt</b> Plain Oatmeal Muffin Margarine Raisins Fresh Fruit Milk</p>	<p><b>4 Bourbon BBQ Beef</b> Sweet Potatoes Green Beans</p> <p><b>Cheddar Cheese</b> WW Bread Mayo Tossed Salad/ Drsg Fresh Fruit Pudding <u>Db/Ls- diet pudding</u> Milk</p>	<p><b>5 Flounder/Lemon Caper Sauce</b> Couscous Green Peas Country Veg. Blend</p> <p><b>Hard Ckd. Eggs</b> Bagel Cream Cheese Muffin Coleslaw Fruit Juice Fresh Fruit Milk</p>	<p><b>6 Cuban Veggie Patty</b> Plantain Mixed Veggies</p> <p><b>Cranberry Chicken Salad</b> WW Bread Ca. Veg. Salad Tropical Fruit Fresh Fruit Milk</p>	<p><b>7 Tandoori Chicken</b> Curried Lentils Ca. Veggie Blend</p> <p><b>Peanut Butter</b> Jelly WW Bread Carrot Raisin Salad Fresh Fruit Fruit Juice Milk</p>	<p><b>8 Chili Verde</b> Brown Rice Sliced Carrots Green Peas</p> <p><b>Tuna Salad</b> WW Bread Corn O'Brien Salad Fruit Cocktail Fresh Fruit Milk</p>	<p><b>9 Thai Chicken Curry</b> Jasmine Rice Broccoli Cauliflower</p> <p><b>Egg Salad</b> WW Bread Potato Salad Pineapple Tidbits Fresh Fruit Milk</p>
<p><b>10 Vegetable Frittata</b> Lentils Provencal Capri Veg. Blend</p>	<p><b>11 Chicken A La King</b> Egg Noodles WK Corn/Pepper Broccoli</p>	<p><b>12 Guatemalan Beef Stew</b> Brown Rice Ca. Veggie Blend</p>	<p><b>13 Baked Chicken/</b> Honey Balsamic Sc O'Brien Potatoes Spinach</p>	<p><b>14 Salmon Patty/Dill</b> Sauce Sweet Potatoes Mixed Veggies</p>	<p><b>15 Diced Pork/Cherry</b> <b>Sauce</b> Yukon Potatoes Green Peas</p>	<p><b>16 Beef Stroganoff</b> Egg Noodles Green Beans Cauliflower</p>

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<p><b>10 Monday</b>  <b>PI. Greek Yogurt</b>  Oatmeal  Muffin  Margarine  5 Bean Salad  Gelatin  <i>(Db/Ls – diet gel.)</i>  Fresh Fruit/  Prunes  Milk</p>	<p><b>11 Tuesday</b>  <b>Swiss Cheese</b>  WW Bread  Mayo  Lentil Carrot Salad  Fruit Juice  Fresh Fruit  Milk</p>	<p><b>12 Wednesday</b>  <b>Peanut Butter</b>  Jelly (Db/Ls-diet)  WW Bread  Tossed Salad/  Dressing  Tropical Fruit  Fresh Fruit  Milk</p>	<p><b>13 Thursday</b>  <b>Egg Salad</b>  WW Bread  Chickpea Salad  Sliced Apples  Fresh Fruit  Milk</p>	<p><b>14 Friday</b>  <b>Cottage Cheese</b>  Muffin  Margarine  Coleslaw  Pineapple Tidbits  Fresh Fruit  Milk</p>	<p><b>15 Saturday</b>  <b>Chicken Salad</b>  WW Bread  Caesar Salad/  Dressing  Raisins  Fresh Fruit  Milk</p>	<p><b>16 Sunday</b>  <b>Hard Ckd Eggs</b>  Bagel  Cream Cheese  Potato Salad  Fruit Juice  Fresh Fruit  Milk</p>
<p><b>17</b>  <b>Veg. Cottage Pie</b>  Whole Kernel  Corn  Broccoli</p> <p><b>PI. Greek Yogurt</b>  Oatmeal  Muffin  Margarine  Spinach Salad/  Ranch Dressing  Peaches  Fresh Fruit/ Milk</p>	<p><b>18</b>  <b>Diced Chicken/  Pesto Sauce</b>  Fettuccini  Green Peas  Tuscany Veg Blend</p> <p><b>Hard Cooked  Eggs</b>  WW Bread  Margarine  Mayo  Fresh Fruit  Raisins/ Milk</p>	<p><b>19</b>  <b>Stuffed Salmon/  Garlic Herb  Sauce</b>  Butternut Squash  Edamame  <b>Tuna Salad</b>  WW Bread  Lentil Carrot Sld.  Pudding  <i>(LS/DB:Diet Pud.)</i>  Pineapple Tidbits  Fresh Fruit/ Milk</p>	<p><b>20</b>  <b>BBQ Pork Rib  Patty</b>  Sweet Potatoes  Swiss Chard</p> <p><b>Chicken Salad</b>  Pita Bread  Corn O'Brien  Fruit Juice  Fresh Fruit  Milk</p>	<p><b>21</b>  <b>Salisbury Steak</b>  Brown Gravy  Whipped Potatoes  Collard Greens  Capri Veg. Blend  <b>Peanut Butter</b>  Jelly  WW Bread Butter  Tropical Fruit  Fresh Fruit  Milk</p>	<p><b>22</b>  <b>Baked Cod Loin/  Vera Cruz Sauce</b>  Herbed Rice  Spinach  WK Corn</p> <p><b>Egg Salad</b>  WW Bread  Five Bean Salad  Prunes  Fresh Fruit  Milk</p>	<p><b>23</b>  <b>Chicken  Enchiladas</b>  Ranch Beans  Summer Veggie  Blend</p> <p><b>Swiss Cheese</b>  WW Bread  Mayo  Carrot Raisin  Salad  Fruit Juice  Fresh Fruit./ Milk</p>
<p><b>24</b>  <b>Cheese Tortellini/  Cheese Sauce</b>  Capri Veggie blend  Swiss Chard</p> <p><b>PI. Greek Yogurt</b>  Oatmeal  Muffin  Margarine  Blueberries  Fresh Fruit/ Milk</p>	<p><b>25</b>  <b>Corned Beef</b>  Cabbage  Parslied Potatoes  Diced Carrots</p> <p><b>Hard Ckd Eggs</b>  Bagel/ CR. Cheese  Tossed Salad/ Drg  Gelatin  <i>(Ls/Db diet  Gelatin)</i>  Fruit Juice  Fresh Fruit/ Milk</p>	<p><b>26</b>  <b>Chicken  Shawarma/  Creamy Yog Sce.</b>  O'Brien Potatoes  Garden Veg. Bld</p> <p><b>Hummus</b>  Pita Bread  Tom. Cucumb Sld  Tropical Fruit  Margarine  Fresh Fruit/  Milk</p>	<p><b>27</b>  <b>Potato Crusted  Pollock</b>  Couscous  WK Corn  Summer Veggie  Blend</p> <p><b>Chicken Salad</b>  WW Bread  Coleslaw  Tartar Sauce  Fruit Cocktail  Fresh Fruit/ Milk</p>	<p><b>28</b>  <b>Pork Adobo</b>  Brown Rice  Green Peas  Asian Veggie Blend</p> <p><b>Peanut Butter</b>  Jelly  (Ls/Db – diet jelly)  WW Bread  Lentil Carrot Salad  Raisins  Fresh Fruit  Milk</p>	<p><b>29</b>  <b>Baked Chicken/  Mediterranean Sce</b>  Quinoa  Spinach</p> <p><b>Cheddar Cheese</b>  WW Bread/ Mayo  Herbed Pot Salad  Pineapple tidbits  Fresh Fruit  Milk</p>	<p><b>30</b>  <b>Hawaiian Beef  Meatballs</b>  Brown Rice  Broccoli  Cauliflower</p> <p><b>Tuna Salad</b>  WW Bread  LS Veg. Juice  Tropical Fruit  Fresh Fruit  Milk</p>