**September 1**

**Breakfast:** Hot and Cold Cereal, Toast, Jams, Juice, Fruit and Raisin Toast

Lunch: Homemade Soup, Sliced Eggs, Couscous & Asparagus Salad Plate OR Shell Pasta Salad Plate with Raisins & Celery and a Dinner Roll, Butterscotch Pudding with Whipped Topping (Dessert)

Dinner: Beef Bourguignon OR Southwest Style Cod, Basmati Rice, Seasoned Turnip, Apple Betty (Dessert)

**September 2**

**Breakfast:** Hot and Cold Cereal, Toast, Jams, Juice, Fruit and Scrambled Eggs

Lunch: Homemade Soup, Artisan Meat & Cheese Plate, Olives, Sliced Pickles with a Dinner Roll OR Crab Salad with Celery & Onions and a Dinner Roll, Watermelon (Dessert)

Dinner: Roast Chicken with Dijon Cream Sauce OR Seared Pork Chop with Parlsey Potatoes, Savory Carrots, Ambrosia Salad (Dessert)

**September 3**

**Breakfast:** Hot and Cold Cereal, Toast, Jams, Juice, Fruit and Muffins

**Lunch:** Homemade Soup, Ham & Cheese Croissant, Sliced Cucumbers OR Chicken Strips with Plum Sauce, Baked Potato Wedges, Blueberries (Dessert)

**Dinner:** Jambalaya with Sausages OR Scallops with Cream Sauce, Mashed Potatoes, Succotash, Iced Chocolate Cake (Dessert)

**September 4**

**Breakfast:** Hot and Cold Cereal, Toast, Jams, Juice, Fruit and Yogurts

Lunch: Homemade Soup, Salmon Salad Sandwiches OR Chicken Caesar Salad with Garlic Toast, Sliced Tomatoes, Papaya (Dessert)

Dinner: Cabbage Rolls OR Turkey a la King on a Puff Shell, Market Vegetables, Rocky Road Bar (Dessert)

**September 5**

**Breakfast:** Hot and Cold Cereal, Toast, Jams, Juice, Fruit and Soft Boiled Eggs

Lunch: BBQ Day

Dinner: Schnitzel OR Rustic Caper & Lemon Haddock, Polenta, Whole Green Beans, Fruit Cocktail (Dessert)

**September 6**

**Breakfast:** Hot and Cold Cereal, Toast, Jams, Juice, Fruit and Buttered English Muffin

Lunch: Homemade Soup, Market Fruit Stuffed Crepes OR Spinach & Feta Triangles, Marinated Vegetables, Honeydew Melon (Dessert)

Dinner: Lamb Roast with Mint Jelly OR Mustard Glazed Corned Beef, Ranch Style Potatoes, Roasted Butternut Squash, Fruit Tart (Dessert)

**September 7**

**Breakfast:** Hot and Cold Cereal, Toast, Jams, Juice, Fruit and Homemade Loaf

Lunch: Homemade Soup, French Toast with Syrup and Maple Sausages OR Meat Pot Pie, Arugula Salad, Strawberries (Dessert)

Dinner: Roast Beef with Gravy and Horseradish OR Salmon Loin, Garlicky Mashed Potatoes, Mixed Vegetables, Banana Cream Pie (Dessert)

**September 8**

**Breakfast:** Hot and Cold Cereal, Toast, Jams, Juice, Fruit and Raisin Toast

Lunch: Homemade Soup, BLT Sandwiches OR Smoked Salmon Salad, Marinated Tomato, Celery and Onion Salad, Peach Slices (Dessert)

Dinner: Turkey Cutlets OR Italian Sausage, Oven Roasted Potatoes, Green Beans, Cupcakes (Dessert)

**September 9**

**Breakfast:** Hot and Cold Cereal, Toast, Jams, Juice, Fruit and Scrambled Eggs

Lunch: Homemade Soup, Ham Melt with Provolone Cheese OR Greek Salad with a Bun, Creamy Cucumber Salad, Mango (Dessert)

Dinner: Pollock Bake OR Shepherd’s Pie, Garlic Mashed Potatoes, Harvard Beets, Butter Tarts (Dessert)

**September 10**

**Breakfast:** Hot and Cold Cereal, Toast, Jams, Juice, Fruit and Muffins

Lunch: Homemade Soup, California Chicken with Guacamole OR Pastrami on Rye with Gherkins, Pineapple Tidbits (Dessert)

Dinner: Garlic and Lemon Shrimp OR Mushroom Sauce Chicken Thighs, Couscous, Vegetable Medley, Cherry Crisp (Dessert)

**September 11**

**Breakfast:** Hot and Cold Cereal, Toast, Jams, Juice, Fruit and Yogurts

Lunch: Homemade Soup, Perogies with Sour Cream, Bacon & Onions OR Crunchy Perch with Tartar Sauce with Potato Patties, Romaine Salad with Dressing, Mixed Fruit (Dessert)

Dinner: Meatloaf OR Pasta Casserole, Potatoes, Seasoned Broccoli, Churros (Dessert)

**September 12**

**Breakfast:** Hot and Cold Cereal, Toast, Jams, Juice, Fruit and Soft Boiled Eggs

**Lunch:** BBQ Day

**Dinner:** Turkey Divan OR Pork Souvlaki with Gravy, Rice, Mashed Turnip, Raspberries **(**Dessert)

**September 13**

**Breakfast:** Hot and Cold Cereal, Toast, Jams, Juice, Fruit and Buttered English Muffin

**Lunch:** Homemade Soup, Chicken Pot Pie OR Cheddar Cheese, Fruit & Cranberry Scone Salad Plate, Apple Sauce (Dessert)

**Dinner:** Lemon Rosemary Chicken OR Salmon with Cream Sauce, Sweet Potatoes, Roasted Cauliflower with Cheese Sauce, Nanaimo Bar **(**Dessert)

**September 14**

**Breakfast:** Hot and Cold Cereal, Toast, Jams, Juice, Fruit and Homemade Loaf

**Lunch:** Homemade Soup, Waffles with Syrup, Bacon & Whipping Cream, Sliced Tomatoes, Twist Orange Slices, Cantaloupe (Dessert)

**Dinner:** Roast Turkey Breast with Pan Gravy OR Roasted Ham, Garlic Mashed Potatoes, Baked Acorn Squash, Cake (Dessert)

**September 15**

**Breakfast:** Hot and Cold Cereal, Toast, Jams, Juice, Fruit and Raisin Toast

Lunch: Homemade Soup, Eggs Benedict with Dill Pickles OR Tossed Chicken Salad with a Dinner Roll, Mousse (Dessert)

Dinner: Seared Chicken Breast with Gravy OR Lamb Shoulder, Mashed Potatoes, Seasoned Carrots, Lemonious Bar (Dessert)

**September 16**

**Breakfast:** Hot and Cold Cereal, Toast, Jams, Juice, Fruit and Scrambled Eggs

Lunch: Homemade Soup, Greek Flatbread OR Ham Salad Sandwiches, Salad with Dressing, Jello (Dessert)

Dinner: Ribs OR Beef Bourguignon Stew, Buttered Rice, Mashed Squash, Apple Turnover (Dessert)

**September 17**

**Breakfast:** Hot and Cold Cereal, Toast, Jams, Juice, Fruit and Muffins

Lunch: Homemade Soup, Cold Cuts, Potato Salad & Four Bean Salad Plate OR Tuna Tossed Salad, Bananas (Dessert)

Dinner: Turkey Fettuccine OR Pork Stew, Butterfly Noodles, Roasted Fall Vegetables, Butter Tart (Dessert)

**September 18**

**Breakfast:** Hot and Cold Cereal, Toast, Jams, Juice, Fruit and Yogurts

Lunch: Homemade Soup, Oven Baked Chicken Wings with Fries and Celery Sticks OR Loaded Tossed Salad with a Bun, Cantaloupe (Dessert)

Dinner: Salisbury Steak OR Tarragon Chicken Thighs, Diced Sweet Potatoes, Green Peas, Tiger Brownies (Dessert)

**September 19**

**Breakfast:** Hot and Cold Cereal, Toast, Jams, Juice, Fruit and Soft Boiled Eggs

Lunch: BBQ Day

Dinner: Veal Scallopini OR Bake Trout, Rosemary Roasted Red Potatoes, Zesty Beans, Jelly Cream Roll (Dessert)

**September 20**

**Breakfast:** Hot and Cold Cereal, Toast, Jams, Juice, Fruit and Buttered English Muffin

Lunch: Homemade Soup, Chef Salad OR Alfredo Cheese Cannelloni, Tossed Salad with Dressing, Vanilla Mousse (Dessert)

Dinner: Cottage Roll OR Meat Lasagna, Boiled Potatoes, Caesar Salad, Oatmeal Cookies (Dessert)

**September 21**

**Breakfast:** Hot and Cold Cereal, Toast, Jams, Juice, Fruit and Homemade Loaf

Lunch: Homemade Soup, Egg Salad Sandwiches OR Spinach Greens with Red Onion and Raspberry Dressing, Grapes (Dessert)

Dinner: Horseradish & Pepper Crusted Beef Roast OR Pork Stew with Gravy, Mashed Potatoes, Seasoned Corn with Red Peppers, Peach Pie (Dessert)

**September 22**

**Breakfast:** Hot and Cold Cereal, Toast, Jams, Juice, Fruit and Raisin Toast

Lunch: Homemade Soup, Penne with Spinach & Tomatoes with Garlic Toast Points OR BBQ Pulled Pork on a Kaiser, Greens with Dressing, Fruit Cocktail (Dessert)

Dinner: Crusted Chicken Risotto OR Beef Liver with Onions, Mashed Potatoes, Parsnips, Cinnamon Fruit Compote (Dessert)

**September 23**

**Breakfast:** Hot and Cold Cereal, Toast, Jams, Juice, Fruit and Scrambled Eggs

Lunch: Homemade Soup, Twice Baked Potato OR Garlic Shrimp with Citrus Barley, Tossed Salad, Apricot Halves (Dessert)

Dinner: Sweet and Sour Gingered Chicken OR Apple Honey BBQ Pork, Country Cut Fries, Peas with Mushrooms, Maple Cake (Dessert)

**September 24**

**Breakfast:** Hot and Cold Cereal, Toast, Jams, Juice, Fruit and Muffins

Lunch: Homemade Soup, Cobb Salad with a Cheese Biscuit OR Hot Turkey Sandwich with Gravy, California Blend Vegetables, Tropical Fruit Salad (Dessert)

Dinner: Shanghai Beef Stir Fry OR Montreal Baked Salmon, Herbed Rice, Green Beans, Snappy Pumpkin Dessert (Dessert)

**September 25**

**Breakfast:** Hot and Cold Cereal, Toast, Jams, Juice, Fruit and Yogurts

Lunch: Homemade Soup, Deli Meat, Pasta Salad &Corn Salad Plate OR Roasted Pepper & Basil Frittata, Vegetable Salad, Crushed Pineapple (Dessert)

Dinner: Baked Tilapia, Paprika Seasoned Potatoes OR Meat Lasagna with Garlic Bread, Caesar Salad, Berry Crumble (Dessert)

**September 26**

**Breakfast:** Hot and Cold Cereal, Toast, Jams, Juice, Fruit and Soft Boiled Eggs

Lunch: Homemade Soup, Chili Con Carne with Buttered Toast Points OR Smoked Turkey Club, Mixed Greens with Dressing, Strawberry Ice Cream (Dessert)

Dinner: Braised Swiss Steak with Sauteed Mushrooms OR Baked Glazed Ham, Baked Potato with Sour Cream & Chives, Baby Carrots, Macaroons (Dessert)

**September 27**

**Breakfast:** Hot and Cold Cereal, Toast, Jams, Juice, Fruit and Buttered English Muffin

Lunch: Homemade Soup, Sub OR Tuna Salad on a Kaiser, Herb Roasted Tomatoes, Orange Wedges Dessert)

Dinner: Roasted Lamb with Paprika & Mint Jelly OR Beef Pot Roast, Baked Squash, Couscous Pilaf, Iced Banana Cake (Dessert)

**September 28**

**Breakfast:** Hot and Cold Cereal, Toast, Jams, Juice, Fruit and Homemade Loaf

Lunch: Homemade Soup, Broccoli Corn Quiche OR Greek Chicken Pizza, Chick Pea Salad, Mixed Berries (Dessert)

Dinner: Pork Loin OR Veal Parmigiana, Red Baby Potatoes, Parslied Cauliflower with Cheese Sauce, Cherry Pie (Dessert)

**September 29**

**Breakfast:** Hot and Cold Cereal, Toast, Jams, Juice, Fruit and Raisin Toast

Lunch: Homemade Soup, Sliced Eggs, Couscous & Asparagus Salad Plate OR Italian Monte Cristo Sandwich, Cucumber Salad, Pears (Dessert)

Dinner: Beef Bourguignon OR Southwest Style Cod, Basmati Rice, Seasoned Turnip, Butterscotch Pudding with Whipped Topping (Dessert)

**September 30**

**Breakfast:** Hot and Cold Cereal, Toast, Jams, Juice, Fruit and Scrambled Eggs

Lunch: Homemade Soup, Pancake with Grilled Bacon and Waldorf Salad OR Vegetable Quesadilla with Sour Cream, Garden Salad, Peaches (Dessert)

Dinner: Roast Chicken with Cream Sauce OR Seared Pork Chop with Rosemary, Spaetzle, Savory Carrots, Triple Berry Crumble (Dessert)