



September 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Spinach Quiche with Yeast Roll and Sliced Bartlett Pears	2 Creamy Garlic Chicken with baked Zucchini Chips and rice or Roasted Red Skin Potatoes	3 Mediterranean Baked Whitefish with Green Beans and Beets	4 Jamaican Jerk Chicken with Roasted Corn and Coleslaw	5 Macaroni Beef (Cheeseburger Mac) with Tropical Fruit Cup and Simple Salad w/French or Ranch dressing on the side
6 Chicken and Rice Casserole with Peas & Carrots and Lemon Pound Cake Dessert	7 Roasted Lemon Chicken with Jamaican Red beans & Rice and Boiled Cabbage and Carrots	8 Baked Apple Spice Porkchop with Scandinavian Mixed Vegetables and Mashed Potatoes	9 Tarragon & Thyme Baked Chicken Strips with Black-eyed Peas and Garlic Spinach	10 Smoked Turkey Sausage & Peppers in onions over Rice with Capri Mixed Vegetables and Cake Dessert	11 Old Fashioned Chicken & Dumplings with Green Beans and Blueberry or Apple Pie Dessert	12 Garlic Butter Steak Bites, Scandinavian Mixed Vegetables and Corn Muffin Or Sweet Potato Mash
13 Turkey Tetrazzini with Seasoned Cauliflower and Cinnamon Cake	14 Catfish Nuggets with Hot Water Corn Bread and Seasoned Green Beans	15 Baked Crispy Chicken Strips with Cauliflower Rice and Potato Salad	16 Beef or Turkey Meatballs with 3oz Rice on the side, Seasoned carrots and Lemon Bar	17 Corned Beef and Roasted Cabbage with Mashed Potatoes or Rice	18 Southern Fried Liver & Onions with Succotash and Three Bean Salad	19 Garden Salad w/Crunchy Chicken Bites, w/Ranch or Raspberry Vinaigrette Dressing on the side, Cheesy Cauliflower rice and Dinner Roll
20 Shrimp & Sausage Gumbo with Rice or Cheese Grits on the side, Seasoned Carrots and Carrot Cake Dessert	21 Shredded Beef Carne over Rice with green onions, Red Onions, Celery, Roasted Tomatoes and Pinto Beans, Green Beans and Lil' Brownie Dessert	22 Lamb Gyro with Tomato, Lettuce, Red Onion and Tzatziki Greek Sauce on the side with Sweet Corn and assorted Cheesecake Dessert	23 Breaded Porkchop w/Peach Sauce Drizzle, Simple Salad w/Raspberry Vinaigrette or Ranch Dressing and Hot Water Corn Bread	24 Honey & Garlic Chicken thighs and breast with Brown rice and Broccoli or Beets	25 Ground Beef or Ground Turkey Meatloaf with Mashed Potatoes & Gravy, and Green Beans	26 Baked Cod or Swai Fish with Lemon Crème Sauce, Normandy Mixed Vegetables and Dinner Roll
27 All American Sub Sandwich (ham, turkey, roastbeef) with mayo and mustard, Avocado Chips and Butterscotch or Banana Cream Pie Pudding	28 Open-Faced Broccoli & Chicken Stuffed Baked Potato, Yellow Cake with Buttercream Icing and Italian Green Beans	29 Whitefish with Spaghetti Squash Garnish, Cabbage and Brown Rice	30 Stuffed Porkchop with Dressing & Gravy, Peas & Carrots and Blackbean Salad (Hoppin John)	Substitutions The following side items can be substituted under the for any menu item, when available, this month: Vegetable Substitutions: Broccoli, Spinach, Carrots, Yellow Squash Starch Substitutions: Macaroni Salad, Italian Pasta Salad, Potato Salad, Dinner Roll		