

SEPTEMBER 2022 LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>HAPPY <i>Rosh Hashana</i> HAVE A GOOD & SWEET NEW YEAR</p>			1 Vegetarian Chili Perfect White Rice Cornbread Roasted Zucchini Fruit & Milk, low fat, 1%	2 Fish in Mango Sauce Vegetable Couscous Roasted Broccoli Fruit & Milk, low fat, 1%
5  <i>Center is Closed</i>	6 String Bean & Tofu Curry Black Beans and Rice Sautéed String Beans Fruit & Milk, low fat, 1%	7 Eggplant Parmesan w/ Tomato Sauce Garlic Bread Roasted Zucchini Fruit & Milk, low fat, 1%	8 Baked Fish w/ Black Bean Sauce & Mashed Potatoes Whole Wheat Bread Roasted Broccoli Fruit & Milk, low fat, 1%	9 Citrus Sesame Salmon Rice with Mushrooms Cauliflower with Potatoes and Tomatoes Fruit & Milk, low fat, 1%
12 California Veggie Burger Sweet Potato Fries Whole Wheat Bread Tomato & Cucumber Salad Fruit & Milk, low fat, 1%	13 Moroccan Chickpea Stew Rice Pilaf Smashed Mixed Potatoes and Cauliflower Fruit & Milk, low fat, 1%	14 Homemade Breaded Fish w/ Ginger Sauce Lo Mein Noodles Sautéed String Beans Fruit & Milk, low fat, 1%	15 Fish w/ Mango Sauce Couscous w/ Peas & Lemon Roasted Zucchini Fruit & Milk, low fat, 1%	16 Baked Salmon Perfect White Rice Whole Wheat Bread Roasted Broccoli Fruit & Milk, low fat, 1%
19 Bean & Sweet Potato Chili Brown Rice Pilaf Whole Wheat Bread Vegetable Mix Fruit & Milk, low fat, 1%	20 Baked Fish Vegetable Couscous Whole Wheat Bread Baby Carrots Salad Fruit & Milk, low fat, 1%	21 Homemade Breaded Fish Whole Wheat Bread Roasted Broccoli Fruit & Milk, low fat, 1%	22 Baked Ziti with Cheese Garlic Bread Whole Wheat Bread Italian Blend Vegetables Fruit & Milk, low fat, 1%	23 Ginger and Lime Salmon Chinese Style Spaghetti Whole Wheat Bread Asian Cabbage Fruit & Milk, low fat, 1%
26  <i>Center is Closed</i>	27 <p style="text-align: center;">ROSH HASHANA LUNCH @ 12PM</p>	28 Baked Vegetable Alfredo Pasta Garlic Bread Steamed Cauliflower Fruit & Milk, low fat, 1%	29 Veggie Burgers w Bun French Fries Whole Wheat Bread Baby Spinach Salad Fruit & Milk, low fat, 1%	30 Ginger and Lime Salmon Mexican Confetti Rice Whole Wheat Bread Roasted Zucchini Fruit & Milk, low fat, 1%