

BREAKFAST

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
In Person Breakfast Monday - Friday 9:00 AM - 10:00 AM 2nd FL. Dining Room Seating starts @8:30AM. Last ticket sold @9:55AM to sit down and eat. Everyone must finish eating by 10:30AM*				1 Egg Frittata with Potatoes and Peas Mini Croissant Raisin Bran Cereal Fruit, Juice and Milk
4 Center Closed for Labor Day	5 Cinnamon Challah French Toast Raisin Bran Cereal Pancake Syrup Fruit, Juice and Milk	6 Shakshuka Home Fries WW Pita Oatmeal Fruit, Juice and Milk	7 Waffles Bran Flakes Cereal Mixed Berry Sauce Plain Non-Fat Yogurt Pancake Syrup Fruit, Juice and Milk	8 Grilled Mozzarella and Tomato Sandwich Toasted Oats Cereal Avocado Garnish Fruit, Juice and Milk
11 Scrambled Eggs with Swiss WW Mini Bagel Fruit, Juice and Milk	12 Pancakes Bran Flakes Cereal Mixed Berry Sauce Pancake Syrup Fruit, Juice and Milk	13 Eggs Benedict Home Fries Raisin Bran Cereal Fruit, Juice and Milk	14 Plain French Toast Farina Strawberries Pancake Syrup Juice and Milk	15 Cheese Blintzes Mini Croissant Oatmeal Blueberries Juice and Milk
18 Cheesy Grits Scrambled Eggs WW Bread Avocado Garnish Fruit, Juice and Milk	19 Waffles Bran Flakes Cereal Frozen Mixed Berries Plain Non-Fat Yogurt Pancake Syrup Fruit, Juice and Milk	20 Cheddar and Potato Bake Toasted Oats Cereal Turkey Bacon Fruit, Juice and Milk	21 Pancakes Raisin Bran Cereal Mixed Berry Sauce Pancake Syrup Fruit, Juice and Milk	22 Egg Frittata with Potatoes and Peas Mini Croissant Raisin Bran Cereal Fruit, Juice and Milk
25 Center Closed for Yom Kippur	26 WW French Toast Raisin Bran Cereal Turkey Sausage Patty Fruit, Juice and Milk	27 Shakshuka Home Fries WW Pita Oatmeal Fruit, Juice and Milk	28 Waffles Bran Flakes Cereal Frozen Mixed Berries Plain Non-Fat Yogurt Pancake Syrup Fruit, Juice and Milk	29 Grilled Mozzarella and Tomato Sandwich Oatmeal Avocado Garnish Fruit, Juice and Milk

SEPTEMBER MEAL CALENDAR 2023

LUNCH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
In Person Lunch Monday - Friday 12:00 PM - 1:00 PM 2nd FL. Dining Room Seating starts @11:30AM. Last ticket sold @12:55PM to sit down and eat. Everyone must finish eating by 1:30 PM*				1 Fish with Creole Sauce Perfect White Rice WW Dinner Roll Baby Carrots with Parsley Fruit and Milk
4 Center Closed for Labor Day	5 BBQ Chicken Leg Classic Macaroni Salad WW Dinner Roll Health Slaw Fruit and Milk	6 Veggie Burger WW Bun Garden Salad Potato Salad with Egg Fruit and Milk	7 Teriyaki Pork Loin Brown Rice Steamed Green Beans Fruit and Milk	8 Spanish Baked Fish WW Dinner Roll Baby Spinach Salad Yellow Plantains Fruit and Milk
11 Cheeseburger WW Bun French Fries Tossed Salad with Dressing Fruit and Milk	12 Mexican Style Chicken Thighs and Rice WW Tortilla Cali Blend Vegetables Raisins Fruit and Milk	13 Mushroom Cauliflower Bolognese WW Dinner Roll Arugula Salad with Balsamic Vinaigrette Fruit and Milk	14 Smothered Pork Chops WW Dinner Roll Cauliflower Mash Fruit and Milk	15 Salmon Bulgogi Brown Rice Capri Blend Vegetables Fruit and Milk
18 Three Bean Chili with Cheddar Cheese Brown Rice WW Tortilla Garden Salad Fruit and Milk	19 Baked Mushroom Chicken WW Dinner Roll Cali Blend Vegetables Garlic Mashed Potatoes Fruit and Milk	20 Beef Meatballs in Tomato Sauce Penne WW Dinner Roll Mixed Green Salad Fruit and Milk	21 Pork Spare Ribs WW Dinner Roll Braised Collard Greens Potato Salad Fruit and Milk	22 Apricot Glazed Salmon Baby Carrots and Parsley Bowtie Pasta with Kasha Fruit and Milk
25 Center Closed for Yom Kippur	26 Mexican Style Chicken Thighs and Rice WW Tortilla Cali Blend Vegetables Raisins Fruit and Milk	27 Mushroom Cauliflower Bolognese WW Dinner Roll Arugula Salad with Balsamic Vinaigrette Fruit and Milk	28 Smothered Pork Chops WW Dinner Roll Cauliflower Mash Fruit and Milk	29 Salmon Bulgogi Brown Rice Capri Blend Vegetables Fruit and Milk