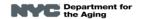


SEPTEMBER MEAL CALENDAR 2023



BREAKFAST

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
In Person Breakfast Monday 9:00 AM - 10:00 AM 2nd FL. Seating starts @8:30AM. Last	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	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
Scrambled Eggs with Swiss WW Mini Bagel Fruit, Juice and Milk	Pancakes Bran Flakes Cereal Mixed Berry Sauce Pancake Syrup Fruit, Juice and Milk	Eggs Benedict Home Fries Raisin Bran Cereal Fruit, Juice and Milk	Plain French Toast Farina Strawberries Pancake Syrup Juice and Milk	Cheese Blintzes Mini Croissant Oatmeal Blueberries Juice and Milk
18 Cheesy Grits Scrambled Eggs WW Bread Avocado Garnish Fruit, Juice and Milk	Waffles Bran Flakes Cereal Frozen Mixed Berries Plain Non-Fat Yogurt Pancake Syrup Fruit, Juice and Milk	Cheddar and Potato Bake Toasted Oats Cereal Turkey Bacon Fruit, Juice and Milk	Pancakes Raisin Bran Cereal Mixed Berry Sauce Pancake Syrup Fruit, Juice and Milk	Egg Frittata with Potatoes and Peas Mini Croissant Raisin Bran Cereal Fruit, Juice and Milk
25 Center Closed for Yom Kippur	WW French Toast Raisin Bran Cereal Turkey Sausage Patty Fruit, Juice and Milk	Shakshuka Home Fries WW Pita Oatmeal Fruit, Juice and Milk	Waffles Bran Flakes Cereal Frozen Mixed Berries Plain Non-Fat Yogurt Pancake Syrup Fruit, Juice and Milk	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 - Frid 12:00 PM - 1:00 PM 2nd FL. Dir Seating starts @11:30AM. Last ti	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	Spanish Baked Fish WW Dinner Roll Baby Spinach Salad Yellow Plantains Fruit and Milk
Cheeseburger WW Bun French Fries Tossed Salad with Dressing Fruit and Milk	Mexican Style Chicken Thighs and Rice WW Tortilla Cali Blend Vegetables Raisins Fruit and Milk	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	Salmon Bulgogi Brown Rice Capri Blend Vegetables Fruit and Milk
Three Bean Chili with Cheddar Cheese Brown Rice WW Tortilla Garden Salad Fruit and Milk	Baked Mushroom Chicken WW Dinner Roll Cali Blend Vegetables Garlic Mashed Potatoes Fruit and Milk	Beef Meatballs in Tomato Sauce Penne WW Dinner Roll Mixed Green Salad Fruit and Milk	Pork Spare Ribs WW Dinner Roll Braised Collard Greens Potato Salad Fruit and Milk	Apricot Glazed Salmon Baby Carrots and Parsley Bowtie Pasta with Kasha Fruit and Milk
25 Center Closed for Yom Kippur	Mexican Style Chicken Thighs and Rice WW Tortilla Cali Blend Vegetables Raisins Fruit and Milk	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	Salmon Bulgogi Brown Rice Capri Blend Vegetables Fruit and Milk