




SEPTEMBER 2022

				<p>Thursday 1</p> <p>Chicken Fried Steak Baked Chicken Rice Green Beans</p>	<p>Friday 2</p> <p>Fried Catfish Salmon Salisbury Steak Mashed potato Roasted Veggie</p>	<p>Saturday 3</p> <p>Spaghetti with Meat Sauce Side Salad Garlic Toast</p>
<p>Sunday 4</p> <p>Baked Chicken Rice Carrots</p>	<p>Monday 5</p> <p>BBQ Brisket Potato Salad Green Beans</p>	<p>Tuesday 6</p> <p>Pot Roast Grilled Spinach Chicken Mashed Potato Peas and Carrots Lettuce Wrap</p>	<p>Wednesday 7</p> <p>Burrito Chicken Taco Salad Spanish Rice Pinto Beans Mixed Veggies</p>	<p>Thursday 8</p> <p>California Chicken Brisket Mac and Cheese Rice Pilaf Cabbages</p>	<p>Friday 9</p> <p>Beef Stir Fry Catfish Rice Zucchini</p>	<p>Saturday 10</p> <p>Baked Potato Soup Side Salad</p>
<p>Sunday 11</p> <p>Pork Chop Rice Green Beans</p>	<p>Monday 12</p> <p>Turkey & Dressing Sweet Potato Mashed Potato Green Beans Grilled Chicken</p>	<p>Tuesday 13</p> <p>Chicken Cordon Bleu Philly Sandwich Chef Salad Homemade Soup</p>	<p>Wednesday 14</p> <p>King Ranch Chicken Spanish Rice Beans Broccoli Double Cheeseburger Day Grilled Chicken</p>	<p>Thursday 15</p>  <p>Meatloaf Chicken Piccata Noodles Mashed Potato Green Beans</p>	<p>Friday 16</p> <p>Fish Burger Squash Fries Baked Chicken</p>	<p>Saturday 17</p> <p>Lasagna Side salad Garlic Knots</p>
<p>Sunday 18</p> <p>Meatball Sub Soup</p>	<p>Monday 19</p> <p>Baked Chicken Baked Potato Casserole Zucchini and Squash Stir Fried National Fried Rice day</p>	<p>Tuesday 20</p> <p>Pecan Chicken Beef Tips Mac and Cheese Rice Green Beans</p>	<p>Wednesday 21</p> <p>Enchiladas Spanish Rice Pinto Beans Mixed Veggies Baked Chicken</p>	<p>Thursday 22</p> <p>National Pot Pie Day Tuscan Chicken Mashed Potato Roasted Carrots</p>	<p>Friday 23</p> <p>Blackened Fish Chicken Fried Steak Potato Rice Squash</p>	<p>Saturday 24</p> <p>National Quesadilla Day</p>
<p>Sunday 25</p> <p>Spaghetti and meatball Green Beans</p>	<p>Monday 26</p> <p>Baked Chicken Pasta Bar</p> 	<p>Tuesday 27</p> <p>Spicy Chicken Wraps Mac and Cheese Calabasa con Pollo Fries</p>	<p>Wednesday 28</p> <p>Burrito/Chili Quesadilla Rice Green Beans Caesar Salad Wrap</p>	<p>Thursday 29</p> <p>Beef Soup Grilled Chicken Rice Broccoli</p>	<p>Friday 30</p> <p>Stuffed Salmon Cod Egg Noodles Mixed Vegetables</p>	