

September Hot Meal Menu

Monday	Tuesday	Wednesday	Thursday	Friday
31 	1 HERB ROASTED CHICKEN 0gm BRUSSEL SPROUTS 7gm CHERRY CRISP 19gm WHOLE GRAIN ROLL 35gm	2 CORNEB BEEF HASH 28gm SCRAMBLED EGGS 1gm PEACH COBBLER 26gm WHOLE GRAIN ROLL 35gm	3 CHICKEN CACCIATORE 13gm SAUTEED SPINACH 3gm RICE PUDDING 18gm WHOLE GRAIN ROLL 35gm	4 DIRTY RICE 14gm BLACK EYED PEAS 21gm CHERRY COBBLER 20gm WHOLE GRAIN ROLL 35gm
7 Labor Day CLOSED	8 VEGETABLE LASAGNA 56gm HARVARD BEETS 8gm MIXED BERRY CRISP 18gm WHOLE GRAIN ROLL 35gm	9 SPINACH PEPPER QUICHE 20gm VEGETARIAN SAUSAGE PATTY 3gm CINNAMON APPLES 16gm FRUIT MUFFIN 16gm	10 MACARONI & CHEESE 19gm SAUTEED SPINACH 3gm OATMEAL CAKE 36gm WHOLE GRAIN ROLL 35gm	11 CHICKEN AND RICE CASSEROLE 42gm SAUTEED CARROTS 4gm WARM CINNAMON APPLES 2gm WHOLE GRAIN ROLL 35gm
14 QUICHE LORRAINE WITH BACON 4gm POTATOES O"BRIEN 12gm PEACH CRISP 22gm FRUIT MUFFIN 16gm	15 BEEF CHILI 22gm WAX BEANS & PEPPERS 5gm BANANA BREAD PUDDING 17gm CORNBREAD MUFFIN 30gm	16 BEEF SLOPPY JOES 5gm BAKED BEANS 21gm CHOCOLATE ZUCCHINI CAKE 28gm HAMBURGER BUN 26gm	17 MEATLOAF AND GRAVY 18gm MASHED POTATOES AND GRAVY 17gm STEWED TOMATOES 4gm CORN PUDDING 22gm WHOLE GRAIN ROLL 35gm	18 BLACKENED TILAPIA 0gm SAUTEED SPINACH 3gm RICE PUDDING 18gm CORNBREAD MUFFIN 30gm
21 PORK ROAST 2gm MASHED POTATOES & GRAVY 17gm CORN, PEAS, & CARROTS 6gm RICE PUDDING 18gm WHOLE GRAIN ROLL 35gm	22 COUNTRY FRIED CHICKEN 28gm MASHED POTATOES & GRAVY 28gm SWEET CORN 15gm PEACH COBBLER 26gm WHOLE GRAIN ROLL 35gm	23 SESAME CHICKEN 27gm WHITE RICE WAX BEANS & PEPPERS 5gm PINEAPPLE UPSIDE DOWN CAKE 28gm CHOW MEIN NOODLES 9gm	24 SPAGHETTI & MEATSAUCE 44gm GREEN BEANS & CARROTS 7gm PEACH CRISP 22gm WHOLE GRAIN ROLL 35gm	25 FRENCH TOAST BAKE 27gm RUTABAGA HASH 48gm SAUSAGE LINKS 0gm FRUIT MUFFIN 16gm
28 BEEF ENCHILADA BAKE 13gm CILANTRO RICE 27gm APPLE COBBLER 26gm WHOLE GRAIN ROLL 35gm	29 SHEPHERDS PIE 10gm CHEDDAR MASHED POTATOES 20gm SWEET RED CABBAGE 3gm VANILLA CHEESECAKE 16gm WHOLE GRAIN ROLL 35gm	30 VEGETABLE ALFREDO 18gm WAX BEANS & PEPPERS 5gm CAMEL CAKE 34gm WHOLE GRAIN ROLL 35gm		



If you are not available to receive your daily meal, please call ahead of time to cancel. 269-382-0515. Kalamazoo, Ext. 300. Calhoun, Ext. 350.

