### September/October Menu

**Monday<br>Sep. 17**  
Chicken & Tomato Balti  
Pork Vindaloo  
Jasmine Rice  
Almond Brussels Sprouts  
Fresh Whole Green Beans  
Pureed Carrot Ginger Soup

**Tuesday<br>Sep. 18**  
Home-style Chicken  
Salisbury Steak & Mushroom Sauce  
Roasted Dijon Red Potatoes  
Yellow Summer Squash  
Seasoned Peas and Carrots  
Pasta Fagioli Soup

**Wednesday<br>Sep. 19**  
Chicken with Piccata Sauce  
Penne Pasta with Sausage, Onions, and Peppers  
Savory Rice Pilaf  
Italian Green Beans  
Bavarian Cabbage  
Split Pea & Ham Soup

**Thursday<br>Sep. 20**  
Hearty Beef Stew  
Grilled Chicken Bruschetta  
Mashed Yukon Gold Potatoes  
Vegetable Medley Steamed  
Sugar Snap Peas  
Cream of Tomato Soup

**Friday<br>Sep. 21**  
Garden Style Pollock  
Santa Fe Style Roasted/Turkey Wild Rice  
Glazed Carrots  
Roasted Corn  
Chunky Potato Chowder

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**Monday<br>Sep. 24**  
Chicken Fried Beef Steak & Gravy  
Grilled Chicken Breast Caesar  
Homestyle Mashed Potatoes Garlic Broccoli  
Grilled Yellow Squash  
Spinach Alfredo Sauce  
Creamy Tomato Basil Soup

**Tuesday<br>Sep. 25**  
BBQ Pulled Pork  
Chicken Pot Pie  
BBQ Pinto Beans  
Roasted Brussels Sprouts  
Grilled Corn with Ancho Butter  
Chicken & Wild Rice Soup

**Wednesday<br>Sep. 26**  
Grilled Chicken Breast with Lemon and Rosemary  
Beef Stroganoff  
Roasted Dijon Red Potatoes  
Lemony Sugar Snap Peas Spicy Garlic Spinach  
Buttery Egg Noodles  
Chicken Noodle Soup

**Thursday<br>Sep. 27**  
Build Your Own Tacos  
Salsa Spanish Rice  
Yellow Summer Squash  
Vegetarian Refried Beans Chile  
Cheeddar Potato Soup

**Friday<br>Sep. 28**  
Crispy Pollock with Creole Sauce  
Creole Chicken & Shrimp Wild Rice  
Scalloped Potatoes  
Olra with Corn & Bacon  
Chicken & Andouille Sausage Gumbo

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**Monday<br>Oct. 1**  
Spaghetti with Meat Sauce  
Crispy Chicken  
Delmonico Potatoes  
Glazed Carrots Grilled Zucchini Squash  
Country Gravy Turkey Chili

**Tuesday<br>Oct. 2**  
Country-Style Meatloaf  
Baked Macaroni & Cheese  
Pork Cutlets with Onions and Gravy  
Braised Cabbage  
Beef, Mushroom, Barley Soup

**Wednesday<br>Oct. 3**  
Chicken Mushroom Marsala  
Turkey Tetrazzini  
Grilled Red Potatoes  
Garlic Broccoli  
Roasted Root Vegetables  
Cream of Mushroom Soup

**Thursday<br>Oct. 4**  
Chicken Cacciatore  
Beef Burgundy  
Cheddar Bacon Mashed Potatoes  
Fresh Asparagus  
Orange Spiced Carrots  
Chicken Vegetable Soup

**Friday<br>Oct. 5**  
Cilantro-Lime Pollock  
Grilled Ancho-Lime Chicken  
Charro Beans  
Cilantro Lime Rice  
Grilled Yellow Squash  
Vegetable Barley Soup

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**Monday<br>Oct. 8**  
Orange Chicken Stir Fry  
Asian Beef  
White Rice  
Vegetable Egg Roll  
Braised Cabbage  
Miso Soup Broth

**Tuesday<br>Oct. 9**  
Chimichurri Beef Steak  
Harissa Grilled Shrimp  
Creamy Garlic Mashed Potatoes  
Roasted Green Beans  
Oven Roasted Carrots  
Broccoli Cheddar Soup

**Wednesday<br>Oct. 10**  
Carne Asada  
Chicken Enchiladas Verde  
Southwest Corn  
Spanish Rice  
Vegetarian Refried Beans Black Bean Soup

**Thursday<br>Oct. 11**  
Honey Mustard Pork Loin  
Grilled Montreal Chicken  
Savory Brown Rice Pilaf  
Seasoned Peas & Carrots  
Broccoli & Cauliflower  
Cream of Mushroom Soup

**Friday<br>Oct. 14**  
Homestyle Fish Fillet  
Meat Lasagna  
Roasted Red Potatoes  
Italian Green Beans  
Fresh Steamed Corn  
New England Clam Chowder

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