

~MENU~
September 2010



- Wed 1 **SWEET & SOUR PORK**, White Rice, Oriental Vegetables, Sunshine Salad, Whole Wheat Roll, Banana
**Chicken Salad Wrap, Italian Wedding Soup, Oriental Vegetables, Sunshine Salad, Whole Wheat Roll, Banana*
- Thu 2 **TURKEY POT ROAST**, Mashed Potatoes, Green Beans, Tossed Salad w/Ranch Dressing, Whole Wheat Roll, Tropical Fruit
**Roast Pork Sandwich, Cream of Potato Soup, Green Beans, Tossed Salad w/Ranch Dressing, Tropical Fruit*
- Fri 3 **BAKED FISH W/TARTAR SAUCE**, Rice Pilaf, Scandinavian Vegetables, Cabbage & Pepper Slaw, Whole Wheat Roll, Bread Pudding
**Chicken Fajita, Refried Beans, Scandinavian Vegetables, Cabbage & Pepper Slaw, Bread Pudding*
- Mon 6 **CLOSED – LABOR DAY HOLIDAY**
- Tue 7 **SALISBURY STEAK W/GRAVY**, Mashed Potatoes, Oregon Bean Medley, **Marinated Cucumbers**, Whole Wheat Roll, Mandarin Oranges
**Mushroom & Cheese Omelet, Tri-Cut Potatoes, Marinated Cucumbers, Whole Wheat Roll, Mandarin Oranges*
- Wed 8 **FIESTA CHICKEN**, **Tri-Cut Potatoes**, Peas, Cabbage & Pepper Slaw, Whole Wheat Roll, **Cookies**
**Chicken Fried Steak w/Country Gravy, Mashed Potatoes, Green Peas, Cabbage & Pepper Slaw, Whole Wheat Roll, Cookies*
- Thu 9 **BEEF STROGANOFF**, Rotini Noodles, Whole Baby Carrots, Four Bean Salad, Whole Wheat Roll, Banana
**BBQ Meatball Sandwich, Home-style Chicken Noodle Soup, Whole Baby Carrots, Four Bean Salad, Banana*
- Fri 10 **LASAGNA**, Green Beans, Tossed Salad w/Italian Dressing, Whole Wheat Roll, **White Cake**
**Baked Salmon w/Lemon Dill Sauce, Tri-Cut Potatoes, Green Beans, Tossed Salad w/Italian Dressing, Whole Wheat Roll, White Cake*

- Mon 13 **BEEF & MACARONI CASSEROLE**, Winter Mix Vegetables, Red & White Slaw, Whole Wheat Roll, Peaches
**Roasted Ham w/Cranberry Sauce, Red Potatoes, Winter Mix Vegetables, Red & White Slaw, Whole Wheat Roll, Peaches*
- Tue 14 **TURKEY POT ROAST**, Mashed Potatoes, Scandinavian Vegetables, Tossed Salad w/French Dressing, Whole Wheat Roll, **Orange**
**Roast Beef & Cheese Sandwich, Minestrone Soup, Tossed Salad w/French Dressing, Orange*
- Wed 15 **BAKED FISH W/LEMON DILL SAUCE**, Tri Cut Potatoes, Peas & Carrots, Spinach & Red Cabbage Salad, Whole Wheat Roll, **Peanut Butter Pie**
**Seasoned Sour Cream Chicken, Tri Cut Potatoes, Peas & Carrots, Spinach & Red Cabbage Salad Whole, Wheat Roll, Peanut Butter Pie*
- Thu 16 **SAVORY BAKED CHICKEN**, Rice, Capri Mix, Carrot Raisin Salad, Whole Wheat Roll, Apple
**Tuna Salad Sandwich, Southwest Bean Soup, Capri Mix, Carrot Raisin Salad, Apple*
- Fri 17 **ROAST PORK WITH GRAVY**, Couscous, Broccoli Normandy, Tossed Salad w/Italian Dressing, Bread Pudding
**Chili Dog, Potato Wedges, Broccoli Normandy, Tossed Salad w/Italian Dressing, Bread Pudding*
- Mon 20 **CHEESE MANICOTTI**, Italian Vegetables, Tossed Salad w/Thousand Island Dressing, Whole Wheat Roll, Grapes
**Breakfast Casserole, Hash Browns, Italian Vegetables, Tossed Salad w/Thousand Island Dressing, Whole Wheat Roll, Grapes*
- Tue 21 **BREAD TILAPIA**, Tri cut Potatoes, Vegetarian Dinner Blend, Marinated Green Beans, Whole Wheat Roll, Mandarin Orange Gelatin
**Ham & Cheese Sandwich, Harvest Vegetable Soup, Marinated Green Beans, Mandarin Orange Gelatin*
- Wed 22 **CHICKEN A LA KING**, Winter Mix, Tossed Salad w/Italian Dressing, Buttermilk Biscuit, Apple Juice
**Vegetarian Pizza, Winter Mix, Tossed Salad w/Italian Dressing, Apple Juice*
- Thu 23 **SPAGHETTI W/MEAT SAUCE**, Oregon Bean Medley, Spinach Salad w/Ranch Dressing, Whole Wheat Roll, Banana
**Sliced Turkey Sandwich, Roasted Vegetable & Radiatore Soup, Spinach Salad w/Ranch Dressing, Banana*
- Fri 24 **DIJON TURKEY**, Mashed Potatoes, Peas, Cabbage & Pepper Slaw, Whole Wheat Roll, Carrot Cake
**Swiss & Mushroom Burger, Peas, Cabbage & Pepper Slaw, Whole Wheat Roll, Carrot Cake*

- Mon 27 **OPEN FACED SLOPPY JOE**, Tri Cut Potatoes, Flavor Fiesta Vegetables, Tossed Salad w/Italian Dressing, Whole Wheat Roll, Pears
**Chicken Basil Sausage, Tri Cut Potatoes, Flavor Fiesta Vegetables, Tossed Salad w/Italian Dressing, Whole Wheat Roll, Pears*
- Tue 28 **MEAT LOAF**, Mashed Potatoes, Green Beans , Layered Salad, Whole Wheat Roll, Applesauce
**Submarine Sandwich, Tortilla w/Chicken Soup, Layered Salad, Whole Wheat Roll, Applesauce*
- Wed 29 **CHICKEN PROVENCE**, Rice, Winter Mix, Marinated Beets, Whole Wheat Roll, Russian Cream w/Fruit Topping
**Krab & Cheese Quiche, Winter Mix, Marinated Beets, Whole Wheat Roll, Russian Cream w/Fruit Topping*
- Thu 30 **SLICED ROAST PORK**, Baked Potato, Peas, Tossed Salad w/Thousand Island Dressing, Whole Wheat Roll, Banana
**Corned Beef Sandwich, French Onion Soup, Peas, Tossed Salad w/Thousand Island Dressing, Banana*