



September 2011

MONDAY	TUESDAY 6th	WEDNESDAY 7th	THURSDAY 8th	FRIDAY 9th
	(DF) Penne Pasta with Marinara Or Italian Sub ROAST CAULIFLOWER	French Bread Pizza Or Ham and Cheese Sandwich STEAMED BROCCOLI	(DF) Chicken Gyro Or Vegetable Gyro GREEK SALAD	(DF) Chicken Taco Or Chicken Tortilla Soup STEAMED CORN
MONDAY 12th	TUESDAY 13th	WEDNESDAY 14th	THURSDAY 15th	FRIDAY 16th
(DF) Plevalean Burger Or Ham and Cheese Sub ROAST ZUCCHINI	Penne Pasta with Pesto and Vegetables Or Chicken Caesar Wrap POTATO LEEK SOUP	Barbequed Chicken Pita Pizza Or Grilled Turkey Cheddar on Wheat PESTO GREEN BEANS	(DF) Pulled Pork Sandwich Or Chicken Noodle Soup ROAST CARROTS	Grilled Cheese on Wheat Or Cobb Wrap TOMATO BASIL SOUP
MONDAY 19th	TUESDAY 20th	WEDNESDAY 21st	THURSDAY 22nd	FRIDAY 23rd
(DF) Turkey Hot Dog Or Turkey and Corn Chowder SWEET POTATO FRIES	Macaroni and Cheese Or Smoked Turkey in Wheat Pita VEGETABLE MEDLEY	LBI French Bread Pizza Or Vegetable – Lentil Wrap ROAST CAULIFLOWER	(DF) Hot Turkey Sandwich with Gravy Or Ham and Cheese on Wheat MASHED POTATOES	Scrambled Eggs with Cheddar Cheese Or Waffles SALAD BAR / FRUIT



September 2011

MONDAY 26th	TUESDAY 27th	WEDNESDAY 28th	THURSDAY 29th	FRIDAY 30th
(DF) Sirloin Burger	Fettuccine Alfredo	Pita Pizza	Chicken Quesadilla	Lemon Pepper Chicken
Or	Or	Or	Or	Or
Veggie Burger	Ham and Cheese Sandwich	Minestrone	Southwestern Caesar Wrap	Turkey and Cheese Sandwich
STEAMED BROCCOLI	BUTTERNUT SQUASH BISQUE	RISOTTO RICE WITH PEAS	CHICKEN CHILI	TABBOULI
Every Day	Every Day	Every Day	Every Day	Every Day
Milk, Fruit, Fresh Veggies, Grain or Bread	Milk, Fruit, Fresh Veggies, Grain or Bread	Milk, Fruit, Fresh Veggies, Grain or Bread	Milk, Fruit, Fresh Veggies, Grain or Bread	Milk, Fruit, Fresh Veggies, Grain or Bread

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GET TO KNOW THE MENU

- QUINOA- An Aztec grain that is gluten free and a complete protein source.
- BULGUR – A cracked wheat that originates in the Middle East. Oldest known processed food.
- TABOULI- A Lebanese recipe with cracked wheat, mint, garlic, lemon, tomato, and green onion.
- COUSCOUS- A staple of North African cuisine. Pasta made from semolina flour.
- CHOWDER- A hearty soup that has the addition of potatoes.
- PESTO- An Italian puree or sauce made with basil, parmesan, garlic, olive oil, and pine nuts traditionally.

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