

Friendly Fork September 2019 Menu



2	Labor Day - No Meals
3	Fried Steak with Gravy, Mashed Potatoes with Gravy, Roasted Vegetables, Pumpkin Roll, Butter, Sliced Pears, Peaches, and Cherries Milk 1%
4	Grilled Chicken Breast on a Whole Wheat Bun, Lettuce/Tomato/Onion, Mayonnaise, Mustard, Creamy Potato Salad, 3 Bean Salad, Orange Halves, Milk 1%
5	Turkey-Swiss Cheese Sandwich, Lettuce/Tomato/Onion, Mustard, Mayonnaise, Garden Pasta Salad, Watermelon, Chocolate Chip Cookie, Milk 1%
6	Ginger Beef Pot Roast with Potato, Carrot and Onion, Steamed Cabbage, Rye Roll, Butter, Lime Gelatin and Pears, Milk 1%
9	Beef Shepherd's Pie, Spinach Mandarin Orange Salad, Pineapple Tidbits with Red Grapes, Wheat Roll, Butter, Nut Cup*, Milk 1%
10	Meat Marinara Sauce over Wheat Pasta, Roasted Turnips-Parsnips, Marinated Vegetable Salad, Cantaloupe, Wheat Roll, Butter, Milk 1%
11	Beef Turnover Casserole, Roasted Red Potatoes, Garlic Green Beans with Almonds*, Orange Wedges, Fig Bar, Milk 1%
12	Roast Turkey with Gravy, Bread Dressing with Gravy, California Blend, Pumpkin Roll, Butter, Pineapple-Oranges, Milk 1%
13	Vegetable Soup, Wheat Crackers, Chicken Dill Salad*, Mixed Melon, Nut Cup*, Apple Crisp, Milk 1%
16	Chicken and Noodles, Seasoned Mixed Vegetables, Autumn Apple Coleslaw, Strawberries-Bananas, Crunchy Snack Mix, Milk 1%
17	Chicken Pesto Wrap, Broccoli/Cauliflower Salad with Honey Yogurt Dressing, Melon Mix, Fruity Nut Granola Bar, Milk 1%

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18	White Chicken Chili, Wheat Crackers, Colorado Broccoli Salad, Apricot Halves, Cornbread Muffin, Honey, Butter, Milk 1%
19	Sloppy Joes on Bun, Roasted Potatoes, Broccoli-Carrots, Pears, Chocolate Brownie, Milk 1%
20	Beef Enchilada Casserole, Spanish Brown Rice, Refried Beans, Shredded Lettuce and Diced Tomato, Mango Crisp, Milk 1%
23	Beef Stroganoff over Multi Grain Penne Pasta, Spinach, Cauliflower & Green Pepper Salad, Apple-Oranges, Fudgy Butterscotch Chip Muffin, Butter, Milk 1%
24	Squash & Apple Soup, Wheat Crackers, Neptune Tuna Salad/Flat Bread, Tomato/Lettuce, Cantaloupe, Lemon Cream Gelatin, Milk 1%
25	Roast Beef with Gravy, Baked Potato, Butter, Sour Cream, Spinach-Strawberry Salad with Balsamic Dressing, Buttered Apples, Milk 1%
26	Chicken Gumbo over Rice and Red Beans, Coleslaw with Pineapple & Raisins, Cornbread Muffin, Butter, Watermelon, Milk 1%
27	Meatballs with Gravy over Parslied Penne Pasta, Harvard Beets, Wheat Roll, Butter, Mandarin Orange-Apple-Bananas, Milk 1%
30	Austrian Pork over Mashed Potatoes, Glazed Carrots, Wheat Roll, Butter, Mixed Melon, Milk 1%

*Contains nuts