

September Menu

Week 1

Fried Chicken (Gluten Free)

Garden salad

(Spring and Romaine lettuce, cherry tomatoes, carrot, onion, dressings on the side)

Whipped mashed potatoes

Corn Bread (regular and gluten free)

Week 2

Pasta Bolognese

(rigatoni pasta with red sauce, with and without italian sausage)

Fresh Focaccia Bread

Roasted Vegetables

(zucchini, squash, peppers, onions)

Week 3

Flatbread Pizza Night

(Cheese, Pepperoni, Sausage and Veggie. w/ Gluten Free crust option)

Salad

(Iceberg lettuce, carrot, tomato, purple onion)

Week 4

Shepherd's Pie

(Whipped potatoes, corn, peas, carrots and ground beef. Vegetarian version with faux ground beef)

Garden Salad

(Spring and Romaine lettuce, cherry tomatoes, carrot, onion, dressings on the side)

*Assorted cookies as dessert. Chicken nuggets and fries will be available for picky eaters