

SEPTEMBER 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Holiday No meal	3 American Chop Suey with side salad	4 Tuna salad sandwich with lettuce & tomato and fruit	5	6	7
8	9 Cheese Ravioli, salad, Italian bread and piece of fruit	10 Meal loaf, Baked potato, veggie	11 Tomato soup with grilled cheese sandwich and piece of fruit	12	13	14
15	16 Roasted pork loin, baked sweet potato, apple sauce and side salad	17 Ham & cheese sandwich with chips and a pickle	18 New England Chowder with small Cesar salad and a piece of fruit	19	20	21
22	23 Mediterranean style chicken – served with penne pasta, with side salad	24 Baked scrod, roasted potatoes and veggie	25 Franks & Beans with a piece of fruit	26	27	28
29	30 Western Quiche: peppers, onions ham served with side salad					