

September Lunch Menu



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
08/31/26	09/01/26	09/02/26	09/03/26	09/04/26
Ropa Vieja	Breaded Chicken Patty	Picadillo	Spaghetti & Meat Sauce (Ground Turkey or Beef)	Arroz Amarillo con Pollo
Black Beans	Green Peas	Red Beans	Salad <i>Italian or Ranch Dressing</i>	Mixed Vegetables
Tostones (plantains)	Fresh Apple Slices	Fruit Cocktail	Steamed Carrots	Pears
Rice	Cuban Bread	Rice	Spaghetti (entrée)	Rice (in entrée)
09/07/26	09/08/26	09/09/26	09/10/26	09/11/26
No Service Happy Labor Day!	Breaded Fish <i>Ketchup</i>	Hamburger <i>(Lettuce & Tomato)</i>	Baked Chicken	Picadillo
	Salad <i>Italian or Ranch Dressing</i>	Oven Fried Potatoes	Platano Maduro (plantains)	Yucca
	Steamed Baby Carrots	Pears	Peaches	Mixed Vegetables
	Soft Roll	Bun <i>Mustard, Mayo, Ketchup</i>	Cuban Bread	Congri
09/14/26	09/15/26	09/16/26	09/17/26	09/18/26
Fricassee de Pollo	Platano Maduro	Picadillo	Beefaroni	Arroz Con Pollo
Mashed Potatoes	Black Beans	Corn	Mixed Vegetables	Salad <i>Italian or Ranch Dressing</i>
Fresh Broccoli Florets <i>Ranch Dip</i>	Applesauce	Seasonal Fresh Fruit	Mandarin Oranges	Yuca <i>(with mojo)</i>
Whole Grain Bread <i>Butter or Margarine</i>	Rice	Brown Rice	Macaroni (in entrée)	Rice (in entrée)
09/21/26	09/22/26	09/23/26	09/24/26	09/25/26
Roast Chicken	Chicken Nuggets <i>Ketchup</i>	Hamburger <i>(Lettuce & Tomato)</i>	Fricassee de Pollo	Breaded Fish
Peas and Carrots	Steamed Broccoli	Green Beans	Roasted New Potatoes	Salad <i>Italian or Ranch Dressing</i>
Pears	Applesauce	Seasonal Fresh Fruit	Red Beans	Steamed Baby Carrots
Moros	Whole Grain Bread <i>Butter or Margarine</i>	Bun <i>Ketchup</i>	Brown Rice	Macaroni & Cheese
09/28/26	09/29/26	09/30/26	10/01/26	10/02/26
Ropa Vieja	Breaded Chicken Patty	Picadillo	Spaghetti & Meat Sauce (Ground Turkey or Beef)	Arroz Amarillo con Pollo
Black Beans	Green Peas	Red Beans	Salad <i>Italian or Ranch Dressing</i>	Mixed Vegetables
Tostones (plantains)	Fresh Apple Slices	Fruit Cocktail	Steamed Carrots	Pears
Rice	Cuban Bread	Rice	Spaghetti (entrée)	Rice (in entrée)