

September Lunch Menu



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
09/04/23	09/05/23	09/06/23	09/07/23	09/08/23
NO Service Happy Labor Day!	Breaded Fish <i>Ketchup</i>	Picadillo	Baked Chicken	Hamburger (Lettuce & Tomato)
	Salad <i>Ranch Dressing</i>	Yucca	Platano Maduro (plantains)	Oven Fried Potatoes
	Steamed Baby Carrots	Mixed Vegetables	Peaches	Pears
	Soft Roll	Congri	Cuban Bread	Bun <i>Ketchup</i>
09/11/23	09/12/23	09/13/23	09/14/23	09/15/23
Adobo Baked Chicken	Sliced Turkey Sandwich	Ropa Vieja	Cuban Stew (with beef)	Chicken Nuggets <i>Honey Mustard</i>
Peas and Carrots	Cucumber Slices	Tostones (plantains)	Mixed Vegetables	Salad <i>Italian Dressing</i>
Peaches	Mixed Vegetables	Black Beans	Fresh Fruit	Fresh Mashed Potato
Congri	Bun	Rice	Moros	Soft Roll
09/18/23	09/19/23	09/20/23	09/21/23	09/22/23
Baked Sliced Turkey	Black Beans with Tomato and Onion	Picadillo	Pulpeta <i>Cuban Turkey Meatloaf</i>	Arroz Con Pollo
Fresh Sweet Potato	Platano Maduro (plantains)	Corn	Mixed Vegetables	Salad <i>Italian Dressing</i>
Broccoli Florets <i>Ranch Dip</i>	Applesauce	Seasonal Fresh Fruit	Mandarin Oranges	Yuca (with mojo)
Whole Grain Bread <i>Butter or Marg.</i>	Cuban Bread	Whole Grain Brown Rice	Soft Roll	Rice (in entrée)
09/25/23	09/26/23	09/27/23	09/28/23	09/29/23
Roast Turkey Slices	Chicken Nuggets <i>Ketchup</i>	Hamburger (Lettuce & Tomato)	Fricassee de Pollo	Turkey Cuban Sandwich (Turkey, Swiss Cheese, Pickles)
Peas and Carrots	Steamed Broccoli	Green Beans	Roasted New Potatoes	Salad <i>Ranch Dressing</i>
Pears	Applesauce	Seasonal Fresh Fruit	Red Beans	Steamed Baby Carrots
Moros	Whole Grain Bread	Bun <i>Ketchup</i>	Brown Rice	Cuban Bread Mayo & Mustard