


# SHC September Menu 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 BIRTHDAY MEAL BBQ Ribs Mashed Potatoes Creamed Peas Apple Pie Alamo
2 Pot Roast Potatoes & Onions Celery & Carrots Whole Wheat Roll Fruit Pie	3 Chicken Parmesan Marinara Sauce Buttered Pasta Italian Vegetables Breadstick Sugar Cookie	4 BBQ Brisket Corn Casserole Creamy Cole Slaw Whole Wheat Roll Rice Pudding	5 Ham & Beans Tossed Salad Dressing Corn Bread Spice Cake	6 Roast Beef Garlic Mashed Potatoes/Gravy Dill Carrots Whole Wheat Roll Caramel Apple Bar	7 Beer Batter Fish Baked Potato Wedges Seasoned Peas Wheat Bread Gelatin Cubes w/ Topping	8 Roast Turkey Red Potatoes Broccoli w/Cheese Sauce Whole Wheat Roll Peanut Butter Square
9 Pork Roast/Gravy Honey Roasted Sweet Potatoes Green Beans Whole Wheat Roll Lemon Cream Pie	10 Glazed Meatloaf Baked Potato Half/ Sour Cream Peas & Pearl Onions Wheat Bread Strawberry Shortcake	11 Smoked Pit Ham Au Gratin Potatoes Spinach Whole Wheat Roll Pineapple Upside Down Cake	12 Hot Turkey Sandwich w/Gravy Mashed Potatoes/Gravy Sautéed Fresh Vegetables Brownie	13 Salisbury Steak/Gravy Cottage Potatoes Brussels Sprouts Whole Wheat Roll Frosted Angel Food Cake	14 Salmon Patty Garlic Parmesan California Vegetables Whole Wheat Roll Chilled Peaches	15 Baked Ziti With Sausage Italian Vegetables Garlic Bread Cheesecake
16 Oven Fried Chicken Bacon Cheddar Potatoes Green Beans Whole Wheat Roll Cherry Pie	17 Hamburger Steak w/Onion Gravy Potatoes Buttered Corn Whole Wheat Roll Fruit Crisp	18 Herb Baked Chicken Baked Potato Half/ Sour Cream Carrots Whole Wheat Roll Pear a la Cream	19 Beef Tips Buttered Noodles Beets Whole Wheat Roll Fruit Cup	20 Pork Chop Supreme Sweet Potatoes Cauliflower Cornbread Peanut Butter Choc bar	21 Norwegian Fish Pesto Pasta Yellow Squash Whole Wheat Roll Frosted Cupcake	22 Oven Fried Chicken Mashed Potatoes/Gravy Peas Biscuit Watermelon
23 Baked Ham Baked Potato Half Cabbage Wheat Roll Apple Pie	24 Crispy Ranch Chicken Hash Brown Casserole Sugar Snap Peas Wheat Roll Coconut Cake	25 Steak Tips w/ Mushroom Sauce Mashed Potatoes/Gravy Buttered Corn Wheat Bread Oreo Delight	26 Pork Roast/Gravy Parmesan Potatoes Lima Beans Whole Wheat Roll Spiced Peaches	27 Swedish Meatballs Buttered Noodles Breaded Tomato Wheat Bread Caramel Cake	28 Cream Turkey Baked Potato Half/ Sour Cream Peas & Pearl Onions Banana Pudding	29 Citrus Grilled Ham Whipped Sweet Potatoes Sautéed Vegetables Whole Wheat Roll Blonde Brownie
30 BBQ Chicken Au Gratin Potatoes Baked Beans Cornbread Chocolate Cream Pie	