



# September



Monday	Tuesday	Wednesday	Thursday	Friday
 <p><b>Nutrition Program</b> 725-6323</p> <p>For Information or meal reservations (Call by 12:30pm a day in advance)</p>				1
				Baked Haddock Baked Sweet Potato Broccoli Fresh Melon Fruit Cup
4	5	6	7	8
<b>HAPPY LABOR DAY</b>	Pork Chop Baked Beans Broccoli Peaches Zucchini Brownies	Chicken Normandy Roasted Red Potatoes Roasted Zucchini Fruit Cup	Beef Stroganoff over Mashed Potatoes Glazed Carrots Apple Chocolate Cake	Turkey Salad on Greens Fresh Fruit Coleslaw Dinner Roll
11	12	13	14	15
Pepper Steak Rice Pilaf Mixed Vegetables Pineapple	Chicken Sandwich Pasta Saladd Baked Beans Tropical Fruit	Porcupine Meatballs Au Gratin Potatoes Broccoli Pears & Peaches	Roast Pork Romaine/Spinach Salad Yams Apple Crisp	Cheeseburger Potato Salad Candied Carrots Fresh Fruit
18	19	20	21	22
Country Fried Steak Baked Potato Buttered Carrots Peaches & Pears	Kielbasa Baked Beans Braised Red Cabbage Ambrosia Salad Rhubarb Cookie	Beef Stew w/ Peas, Carrots & Potatoes Biscuit Baked Sweet Potato Fresh Banana	BBQ Chicken Sour Cream & Chive Potatoes Broccoli Au Gratin Pineapple & Mandarin Oranges Pistachio Torte	Egg Salad Sandwich Tater Tots Mixed Vegetables Tropical Fruit
25	26	27	28	29
Baked Chicken Baked Potato California Blend Vegetables Tropical Fruit	Italian Pasta Hot Dish Garlic Bread Spinach/Kale Salad Tropical Fruit	Chicken Supreme Mashed Potatoes Coleslaw Pears	Swiss Steak Mashed Potatoes Peas & Corn Fresh Fruit Carrot Cake	Taco Casserole w/ Tomatoes, Onions & Black Beans Taco Chips Lettuce Peaches

# Winnebago County Weekend Meals September 2023

September 2<sup>nd</sup>

Chef's Choice

September 3<sup>rd</sup>

Pollock Strips  
Parslied Potatoes  
Mixed Vegetables

Accompaniments: Assorted Breads (2), Butter (2), 1% Milk (2), Fresh Apple and Dessert

September 9<sup>th</sup>

Chicken Marsala  
Rice Pilaf  
Capri Vegetables

September 10<sup>th</sup>

Catsup Meatloaf  
Mashed Potatoes  
Corn with Red Peppers

Accompaniments: Assorted Breads (2), Butter (2), 1% Milk (2), Fresh Orange and Dessert

September 16<sup>th</sup>

Montreal Chicken  
Maple Roasted Sweet Potatoes  
Peas

September 17<sup>th</sup>

Penne Pasta with Meatballs  
Broccoli  
Cinnamon Apples

Accompaniments: Assorted Breads (2), Butter (2), 1% Milk (2), Fresh Apple and Dessert

September 23<sup>rd</sup>

Kansas City Riblet  
Brown Sugar Mashed Sweet Potatoes  
Baked Beans

September 24<sup>th</sup>

Cheese Omelet  
Flame Roasted Potatoes with Peppers  
Apple Granola

Accompaniments: Assorted Breads (2), Butter (2), 1% Milk (2), Fresh Orange and Dessert



Nutrition Program

725-2791

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(Call by 12:30pm a day in advance)