

SEPTEMBER LCCA MENU

TEA AND MILK SERVED
DAILY
M-F @ 11:00 A.M.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5	08/31 3 OZ BREADED FISH ½ CUP SOUTHWEST LENTILS ½ COLESLAW ½ CP FRUIT	09/1 3 OZ LEMON PEPPER CHICKEN ½ CUP RICE PILAF ½ CUP BROCCOLI 1 COOKIE	09/2 3 OZ BBQ RIBLET ½ CUP CORN W/PEPPERS ½ SQUASH 1 PUDDING CUP	09/3 2 OZ TURKEY ½ MASHED POTATOES ½ CP MIXED VEGGIES/ ½ cp fruit	09/4 1 CUP TURKEY LASAGNA ½ CP VEGGIE MEDLEY 1 CUP SALAD SLAW 1 GARLIC ROLL ½ CP FRUIT
6	07 CLOSED LABOR DAY	08 2 oz SWEDISH MEATBALLS ½ BUTTERED NOODLES ½ CUP SPINACH ½ CINNAMIN PEACHES	09 2 OZ CHICKEN STIR FRY ½ CP RICE PILAF ½ ORIENTAL VEGGIES ½ cup PINEAPPLE	10 ¾ CP BEEF ENCHILADA BAKE ½ RICE ½ CP PINTO BEANS ½ CP FRUIT	11 2 OZ HAM ½ CP SWEET POTATO ½ CP MIXED VEGGIES ½ CP APPLESauce
7	14 3 OZ BREADED FISH ½ CUP FRIES ½ CP SLAW ½ CHERRY COBBLER	15 ¾ CP RAVIOLI W/SAUCE ½ MIXED VEGGIES ½ CP SPICED APPLES	16 2 OZ PORK ½ CP SWEET POTATO ½ BROCCOLI ½ CP FRUIT	17 ½ CHOPPED BBQ BEEF ½ SEASONED POTATOES ½ CP FIESTA CORN 1 BANANA / 1 SQ CAKE	18 3 OZ BEEF FAJITA/ TORTILLA ½ SPANISH RICE ½ CP BEANS ½ CHOPPED LETT/TOMATO ½ CP FRUIT
8	21 2 OX MEATLOAF W/BROWN GRAVY 1/3 CP LIMA BEANS ½ CP GREENS 1 COOKIE	22 2 OX CHICKEN ½ CP RICE ½ CP MEXICAN CORN ½ CUP JELLO	23 2 OZ ORIENTAL PORK ½ cp FRIED RICE ½ CP ORIENTAL BLEND 1 EGGROLL ½ CP PINEAPPLE	24 ¾ CP TURKEY A LA KING ½ CP PEAS W/PEPPERS ½ CP BEETS ½ CP APPLE SLICES	25 2 OZ SALISBURY STEAK/GRAVY ½ POTATOES ½ CP GREEN BEANS 1 SQ CAKE
9	28 3 OZ BEEF TIPS W/GRAVY ½ CP RICE ½ CP BUTTERED OKRA 1 SQ CORNBREAD 1.2 CP MANDARIN ORANGES	29 2 OZ CHICKEN PARMESAN ½ CP BUTTERED NOODLES ½ CP GREEN BEANS 1 COOKIE	30 3 OZ CHICKEN TENDERS ½ MASHED POTATOES/PEPPER GRAVY ½ CARROT 1PUDDING CUP	01 1 HAMBURGER ½ CP BAKED BEANS ½ CP FRIES TOM/ONION ½ SPICED APPLES	02 ½ CHEESEY SCRAMBLED EGGS 1 BISCUIT /PEPPER GRAVY ½ POTATOES W/PEPPERS AND ONION 1 CP JUICE