




Grades 4 - 12

September



Monday	Tuesday	Wednesday	Thursday	Friday
				1 Oven-roasted Pork Marinated Chicken gyros Oven-roasted Potatoes Rice w/vegetables Carmelized carrots Seasonal vegetable salad Lentil Bean Soup Cottage cheese Pudding
4 Teriyaki Chicken Sweet & Sour Pork Oven-roasted Potatoes Egg Noodles Grilled Vegetables Fresh Vegetables / Salads Tomato Noodle Soup Fresh Fruit	5 Curry Chicken Pork Patties Oven Roasted potatoes Pasta w/spinach Eggplant-Tomato-Chick pea mix Green Leafy Salad Chicken Noodle Soup Panna Cotta	6 Beef Bolognese Chicken Fillet Risotto w/vegetables Spaghetti Roasted Beets w/goat cheese Crunchy Vegetable Salad Beef Noodle Soup Homemade Biscuit	7 Beef Lasagna Turkey Fillet Panfried Potatoes Buckwheat Vegetarian Lasagna Carrot Salad / Fresh vegetables Cold Beet Soup Orange slices	8 Chicken in Tomato sauce White Fish fillets Pasta w/cheese Steamed Vegetables Fried Lime Rice Beet Salad / Green Salad Vegetable Cream Soup Dessert "Debessmanna"
11 Chicken Drumstick Sauteed Beef Strips Pasta w/cheese Wild Rice Roasted Beets w/tofu Fresh Vegetable salad Broccoli Green Pea Soup Homemade Biscuit	12 Steamed Pork Chicken patties Oven-roasted Potatoes Rice w/vegetables Carmelized carrots Seasonal vegetable salad Lentil Bean Soup Cottage cheese Pudding	13 Beef & Lamb Patties Oven-roasted Pork Mashed Potatoes Rice w/chick peas & lentils Steamed Vegetables w/cheese Green Leafy salad Summer Vegetable Soup Warm Cottage Cheese Pudding	14 Turkey Patties Marinated Chicken gyros Mashed Potatoes Rice w/lentils Oven-roasted Zucchini & Carrots Beet salad / Fresh cut vegetables Summer Vegetable Soup Yogurt	15 Chicken sausages Salmon fillet Pasta w/cheese Bulgur w/pesto Roasted Pumpkin Cauliflower Salad / Lettuce Salad Tomato Cream Soup Fresh fruit
18 Teriyaki Chicken Sweet & Sour Pork Oven-roasted Potatoes Egg Noodles Grilled Vegetables Fresh Vegetables / Salads Tomato Noodle Soup Fresh Fruit	19 Curry Chicken Pork Patties Oven Roasted potatoes Pasta w/spinach Eggplant-Tomato-Chick pea mix Green Leafy Salad Chicken Noodle Soup Panna Cotta	20 Beef Bolognese Chicken Fillet Risotto w/vegetables Spaghetti Roasted Beets w/goat cheese Crunchy Vegetable Salad Beef Noodle Soup Homemade Biscuits	21 Beef Lasagna Turkey Fillet Panfried Potatoes Buckwheat Vegetarian Lasagna Carrot Salad / Fresh vegetables Cold Beet Soup Orange slices	22 Chicken in Tomato sauce White Fish fillets Pasta w/cheese Steamed Vegetables Fried Lime Rice Beet Salad / Green Salad Vegetable Cream Soup Dessert "Debessmanna"
25 Chicken Drumstick Sauteed Beef Strips Pasta w/cheese Wild Rice Roasted Beets w/tofu Fresh Vegetable salad Broccoli Green Pea Soup Homemade Biscuit	26 Steamed Pork Chicken patties Oven-roasted Potatoes Rice w/vegetables Carmelized carrots Seasonal vegetable salad Lentil Bean Soup Cottage cheese Pudding	27 Beef & Lamb Patties Oven-roasted Pork Mashed Potatoes Rice w/chick peas & lentils Steamed Vegetables w/cheese Green Leafy salad Summer Vegetable Soup Warm Cottage Cheese Pudding	28 Turkey Patties Marinated Chicken gyros Mashed Potatoes Rice w/lentils Oven-roasted Zucchini & Carrots Beet salad / Fresh cut vegetables Summer Vegetable Soup Yogurt	29  Mexican Day!!