

Monday, September 9

Citrus & Herb Crusted Salmon

Penne & Sausage

with Vodka Sauce

Eggplant & Fresh Mozzarella Ciabatta

with Roasted Red Peppers & Pesto

Fresh Steamed Green Beans

Cauliflower Primavera



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Tuesday, September 10

Chipotle Roasted Pork Loin

with Spicy Tomato Gravy

Pepper Crusted Flank Steak

with Red Wine Jus

Spinach & Sun Dried Tomato Quiche

Fresh Zucchini & Squash Sautee

Sliced New Potatoes



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Wednesday, September 11

Build Your Own Grilled Cheese

with selection of Cheeses, Bacon & Tomato

Philadelphia Cheesesteaks

Whole Wheat Penne Pasta

with Marinara, Parmesan & Fresh Parsley

Fresh Steamed Broccoli

Beer Battered Onion Rings



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Thursday, September 12

Lehigh Meatloaf

with Tomato Beef Gravy

Carved Balsamic Pork Loin

Macaroni & Cheese

With Stewed Tomatoes

Fresh Steamed Green Beans & Carrots

Red Bliss Smashed Potatoes



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Friday, September 13

Fiesta Lime Grilled Chicken

with Fresh Pico De Gallo

Tuscan Herb Cod

with Kalamata Olives & Lemon Scented Olive Oil

Refried Bean & Cheese Burritos

with Enchilada Sauce

Fresh Garden Peas

Savory Tomato Rice Pilau



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Monday, September 16

Herb Roasted Tilapia Bruschetta

Buffalo Chicken Wings

with Blue Cheese & Celery

Stuffed Shells

with Tomato Basil Blush Sauce

Fresh Steamed Seasonal Vegetables

Potato Pancakes

with Applesauce & Sour Cream



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Tuesday, September 17

Asian Marinated Pork Loin

Grilled Chicken Teriyaki

Vegetable Potstickers

with Soy Sauce

Steamed Snow Peas & Cherry Tomatoes

Sticky Rice



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Wednesday, September 18

Pulled Pork & Brie Ciabatta

with Apricots & Fresh Arugula

Greek Gyros

Greek Falafel

Sautéed Fresh Spinach & Garlic

Savory Grecian Lemon Rice



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Thursday, September 19

Oven Roasted Turkey Breast

with Sage Gravy

Maple Glazed Smoked Ham

3 Cheese Ravioli Marinara

with Parmesan Cheese & Fresh Parsley

Sweet Corn Kernels

Homestyle Bread Stuffing



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Friday, September 20

Herb Crusted Cod

with Creamy White Beans

Grilled Chicken Breast

with warm Cherry Tomato Salad

Vegetable Paella

Fresh Steamed Broccoli

Whipped Potatoes

with Gravy



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