

# September Menu

Join us for a fresh, healthy meal cooked in-house by Chef Beth!

Monday	Tuesday	Wednesday	Thursday	Friday
				1 In-Service Day Closed
4 Happy Labor Day Closed	5 Baked Ziti Tossed Salad Whole Wheat Roll	6 Fish & Chips Cole Slaw Fruit	7 Pulled Pork Stuffed Sweet Potato with BBQ Drizzle Green Salad	8 Chicken & Waffles Grapefruit & Greens Salad with Apple Cider Vinaigrette Yogurt and Fruit Parfait
11 Pineapple Chicken served over brown rice Roasted Zucchini	12 Salmon, green onion & potato quiche with dill yogurt drizzle Green Salad	13 Individual Shepard's Pie Green Salad	14 Stuffed Acorn Squash with apples, brown rice, leeks, cranberries & quinoa with a balsamic glaze Green Salad	15 Tortellini & Baby Sea Scallops with sundried tomatoes & creamy pesto sauce Garlic Toast Fresh Fruit
18 Roast Turkey Special with slaw and 1,000 dressing Sweet Potato Bites Fresh Fruit	19 Meatloaf with red wine mushroom gravy Smashed red skin potatoes Roasted Brussel Sprouts	20 Annual Birthday Picnic at Ringing Rocks Park	21 Crab Cake Sandwich with lettuce, tomato & old bay mayo Carrot and Apple Slaw Fruit Salad	22 Sausage, Egg & Cheese Frittata Apple & Broccoli Salad
25 Cuban Slider with Black Bean Soup Fruit	26 Baked Chicken Parmesan Green Salad	27 Pork & Sauerkraut with House-made Apple Sauce Roasted Potatoes Garlic Green Beans	28 Roasted Vegetable Calzone with Mozzarella Marinara Dipping Sauce	29 Baked French Toast with Blueberry Syrup Fresh Fruit

**Reservation required! To make a reservation, please call (610) 323-5009 by Tuesday the week before you plan to join us.**