


chef for hire

home
delivered
meals

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Country Fried Steak w/Gravy (3oz) Spinach ½ cup Baked Potato 1 each w/Smart Balance Tropical Fruit ½ cup Milk	2 Ginger BBQ Chicken 3oz Whipped Sweet Potatoes ½ cup Collard Greens ½ cup Wheat Bread 2 slices Diced Pears ½ cup Milk
5- Happy Labor Day! Meal Sites Closed	6 Chicken Parmesan Key West Blend ½ cu Roasted Redskin Potatoes ½ cup Wheat Bread 2 each Stewed Apples w/Cherries & Almonds ½ cup Milk	7 Beef Stew 1 cup (2oz) Corn ½ cup Turnip Greens ½ cup Wheat Bread 2 each Diced Peaches ½ cup Milk	8 Grilled Chicken 3oz w/Salsa & Cheese Black Beans ½ cup Diced Carrots ½ cup Corn Muffin 2 each Mandarin Oranges ½ cup Milk	9 Grilled Hamburger 3oz Mac & Cheese ½ cup Festive Green Beans ½ cup Pineapple ½ cup Wheat Bun 1 each Milk
12 Oven Fried Chicken 3oz Collard Greens ½ cup Whipped Sweet Potatoes ½ cup Orange Juice ½ cup Milk	13 Country Ham & Beans 1 cup Diced Carrots ½ cup Diced Beets ½ cup Corn Bread Mixed Fruit ½ cup Milk	14 Smoked Sausage 3 oz w/Peppers & Onions Peas ½ cup Roasted Potatoes ½ cup Wheat Bread Strawberry Applesauce ½ cup Milk	15 Vegetarian Chili 1 cup California Blend Vegetables ½ cup Roasted Sweet Potatoes ½ cup Cornbread Tropical Fruit ½ cup Milk	16 Italian Bowtie Pasta w/ Beef 1 cup Broccoli w/ Red Peppers ½ cup Green Beans ½ cup Applesauce ½ cup Milk
19 Potato Pollock 3 oz Collard Greens ½ cup Peas & Corn ½ cup Wheat Bread 1each Tropical Fruit ½ cup Milk	20 Sloppy Joe 3oz Roasted Sweet Potatoes ½ cup Brussels Sprouts w/ Onion ½ cup WW Bun 1each Diced Pineapple ½ cup Milk	21 Sliced Turkey 3ozOver Southwest Pasta 1 cup Peas ½ cup Corn ½ cup Pudding ½ cup Milk	22 Breakfast Bagel 1 each Sausage Egg & Cheese 2oz Roasted Sweet Potatoes ½ cup Sliced Apples ½ cup Milk	23 Cheese Lasagna 3oz w/ Vegetable Marinara Diced Carrots ½ cup Lima Beans ½ cup Wheat roll 1each Diced Pineapple ½ cup Milk
26 Smothered Chicken Breast 3oz White & Wild Rice ½ cup Key West Vegetables ½ cu Wheat Bread Birthday Treat- Nutty Buddy Milk	27 Spaghetti 1 cup /meatballs 2 oz Parmesan Cheese California Veg Blend ½ cup Italian Cut Green Beans ½ cup Mandarin Orange ½ c Milk	28 Potato Pollock 3oz Collard Greens ½ cup Peas & Corn ½ cup Wheat Bread 1each Tropical Fruit ½ cup Milk	29 Beef Over Egg Noodles 3oz Mixed Greens ½ cup Diced Carrots ½ cup Wheat Roll 1each Applesauce ½ cup Milk	30 Sloppy Joe ½ cup Roasted Sweet Potatoes ½ cup Brussels Sprouts w/Onions ½ cup Hamburger Bun 1each Pineapple ½ cup Milk

*Menus are subject to change based on product availability.