

SEPTEMBER 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		2 American Chop Suey with side salad	3 Tuna salad sandwich with lettuce & tomato and bag of chips and fruit	4	5	6
7	8	9 Meal loaf, Baked potato, veggie	10 Stuffed peppers with green beans & side salad	11	12	13
14	15	16 Baked chicken with veggie and side salad	17 Cobb salad	18	19	20
20	21	22 Baked scrod, roasted potatoes and veggie	23 Western Quiche: peppers, onions ham served with side salad	24	25	26
27	28	29 Cheese ravioli with side salad and Italian bread	30 Meatball sub with fruit			