

## September 2023

Monday	Tuesday	Wednesday	Thursday	Friday
<p style="text-align: right;">4</p> <p><b>Closed for Labour Day</b></p>	<p>Cheerios, milk <b>5</b> Pears</p> <p>Veggie and cheese quiche, Rice Pilaf, gr. beans, milk</p> <p>Trail mix, plums</p>	<p>Raisin Toast, Fruit <b>6</b></p> <p>Shepherd's pie, salad, buns, milk</p> <p>Cheese, rice crackers, watermelon</p>	<p>Bagels, Cream <b>7</b> Cheese, Apples</p> <p>Chicken, roasted carrots, Mac &amp; Cheese, raw veggies, milk</p> <p>Animal crackers oranges</p>	<p>Oatmeal, apples <b>8</b> Raisins, Milk</p> <p>Beef/veggie/barley soup, sandwiches, peppers, milk</p> <p>Banana bread, berries</p>
<p>Fruit Yogurt, <b>11</b> Granola</p> <p>Spaghetti &amp; meat sauce, cucumbers, milk</p> <p>Pita, Cream Cheese, Cucumber</p>	<p>Cereal, Melon <b>12</b></p> <p>Pork roast, mashed potatoes, buns, corn, milk</p> <p>Rice Cakes, pears</p>	<p>Melba toast cream <b>13</b> cheese, oranges</p> <p>Chicken/veggie quesadillas, salsa, sour cream, Brown Beans, rice, milk</p> <p>Cinnamon Pita Chips, Peaches</p>	<p>Pancakes, Syrup <b>14</b> Berries</p> <p>Taco Bake, Broccoli Salad, Cooked gr. Beans, milk</p> <p>Oatmeal cookies, Fresh Fruit</p>	<p>Eggs, toast, <b>15</b> Melon</p> <p>Salmon Nuggets, rice, corn, tomato cucumber salad, milk</p> <p>Pea Butter/Banana Wraps</p>
<p>Apple sauce, <b>18</b> raisin toast</p> <p>Roasted chicken, rice, peas, corn, milk</p> <p>Graham wafers, Frozen yogurt tubes</p>	<p>Bagels, Cream <b>19</b> Cheese, Plums</p> <p>Meatloaf, Mashed Potatoes, Peas, Gravy, Bread, Milk</p> <p>Veggies &amp; dip, crackers</p>	<p>Cereal &amp; fruit <b>20</b></p> <p>Broccoli &amp; cheese quiche, Mac &amp; Cheese, peas, milk</p> <p>Ginger/Craisin Granola Bars, Apples</p>	<p>English Muffins, <b>21</b> Oranges</p> <p>Chili, Buns, raw peppers, milk</p> <p>Triscuits, cream cheese, Cucumbers</p>	<p>Blueberry Muffins <b>22</b> Bananas</p> <p>Chicken/Veggie fajitas, rice pilaf, corn on the cob, Milk</p> <p>Trail Mix, Fruit Fiesta</p>
<p>Cinnamon/Apple <b>25</b> Oatmeal</p> <p>Scrambled Eggs, roasted potatoes, peas, milk</p> <p>Avocado, Melba Toast Cream Cheese</p>	<p>Applesauce, <b>26</b> granola</p> <p>Taco Bake, Black Beans/rice/corn, salsa, Sour Cream, Milk</p> <p>Graham Wafers, Fresh Fruit</p>	<p>Cereal, Milk, <b>27</b> Berries</p> <p>Salmon nuggets, roasted potatoes, mixed veggies, milk</p> <p>Melon, Graham Wafers</p>	<p>Oranges, Raisin <b>28</b> toast</p> <p>Turkey/veggie/rice soup, sandwiches, peppers, milk</p> <p>Apple Crisp &amp; Ice Cream</p>	<p>Bananas, wow <b>29</b> butter English muffins</p> <p>Lasagna, Salad, Milk</p> <p>Plums, Arrowroot</p>