

# WHAT'S FOR LUNCH?

# September SarahCare®

Coral Springs Adult Day Care Center

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

				01 
04 	05 Broccoli & Cheese Soup Whole Wheat Turkey & Cheese Sandwich Fresh Fruit	06 Rotisserie Chicken Mashed Potatoes Gravy Mixed Veggies Fresh Fruit	07 Beef Stew over Egg Noodles Steamed Veggies Fresh Fruit	08 Homemade  Lasagna
11 Chicken & Veggie LoMein with White Rice Garden Salad Fresh Fruit	12 Baked Crispy Chicken Sandwich Sweet Potato Fries Garden Salad Fresh Fruit	13 Baked Potato Soup Whole Wheat Turkey & Cheese Sandwich Fresh Fruit	14 Four Cheese Ravioli Garlic Bread Garden Salad Fresh Fruit	15 
18 Lean Beef Lasagna Garlic Bread Garden Salad Fresh Fruit	19 Italian Wedding Soup Whole Wheat Turkey & Cheese Sandwich Fresh Fruit	20 Beef Stew over Egg Noodles Steamed Veggies Fresh Fruit	21 Macaroni & Cheese Fish Sticks Mixed Veggies Fresh Fruit	22  Hot Dogs w/Buns, Potato Salad, Garden Salad and Fresh Fruit
25 Spaghetti w/Meatballs Garlic Bread Garden Salad Fresh Fruit	26 Rotisserie Chicken Mashed Potatoes Gravy Mixed Veggies Fresh Fruit	27 Minestrone Soup Whole Wheat Turkey & Cheese Sandwich Fresh Fruit	28 Grilled Chicken Alfredo with Spinach Whole Grain Pasta Garden Salad Fresh Fruit	29 