

# September Hot Lunch Menu



**Monday 28**

**Veggie Stir Fry with Tofu**  
served with rice

**Cheesy Ham & Broccoli Pasta**  
served with garlic bread

**Tuesday 29**

**Pulled Pork Tacos**  
served with sour cream & salsa

**Grilled Cheese Sandwich**  
served with chicken noodle soup

**Wednesday 30**

**Chicken Katsu**  
served with rice & mixed veggies

**Creamy Tomato Pasta**  
served with garlic bread

**Thursday 31**

**Honey Soy Chicken**  
served with rice & broccoli

**Sweet Corn Soup**  
served with garlic toast

**Friday 01**

**Crispy Pork Chops**  
served with mashed potatoes & veggies

**Beef or Cheese Quesadilla**  
served with sour cream & salsa

**Monday 04**

**BBQ Chicken Drumsticks**  
served with mashed potatoes & veggies

**Pasta with Meatballs or Veggies**  
served with garlic bread

**Tuesday 05**

**Fish Tacos**  
served with coleslaw

**Coconut Chicken or Veggie Curry**  
served with rice

**Wednesday 06**

**Chicken Tenders**  
served with fries

**Baked Veggie Penne**  
served with garlic bread

**Thursday 07**

**Chicken or Crispy Tofu Teriyaki**  
served with rice

**Beef Lasagna**  
served with garden salad

**Friday 08**

**Fish & Chips**  
served with tartar sauce

**Jerk Chicken Dinner**  
served with rice & beans & plantain

**Monday 11**

**All Beef Hot Dogs**  
served with fries

**Fresh Garden Pasta**  
served with garlic bread

**Tuesday 12**

**Beef Tacos**  
hard shell served with sour cream & salsa

**Grilled Cheese Sandwich**  
served with chicken noodle soup

**Wednesday 13**

**Meatball Sub**  
served Caesar salad

**Creamy Mac & Cheese**  
served with garlic bread

**Thursday 14**

**Popcorn Chicken Bowl**  
served with mashed potatoes, corn & gravy

**Pesto Pasta**  
served with garlic twists

**Friday 15**

**Crispy Fish Sandwich**  
served with tartar sauce & fries

**Chicken or Veggie Stir-Fry**  
served with noodles & a spring roll

**Monday 18**

**Cheeseburger Day**

**BBQ Cheeseburger**  
served with fries

**Broccoli Alfredo**  
served with garlic bread

**Tuesday 19**

**Pulled Chicken or Veggie Tacos**  
served with sour cream & salsa

**Creamy Tomato Pasta**  
served with garlic bread

**Wednesday 20**

**National Fried Rice Day**

**Chicken or Veggie Fried Rice**  
served with Chinese style broccoli

**Veggie Pot Stickers**  
served with fried rice

**Thursday 21**

**Cheese Pizza**  
served with Caesar salad

**Pepperoni Pizza**  
served with Caesar salad

**Friday 22**

**Crispy Sweet & Sour Pork**  
served with white rice

**Veggie or Beef Stir-Fry**  
served with rice

**Monday 25**

**National Quesadilla Day**

**Beef or Cheese Quesadilla**  
served with sour cream & salsa

**Coconut Chicken Curry**  
served with rice

**Tuesday 26**

**Pulled Beef Tacos**  
soft shell served with sour cream & salsa

**Chicken or Veggie Stir-Fry**  
served with noodles & a spring roll

**Wednesday 27**

**Meatball Sub**  
served on a hoggie topped with cheese

**Roasters Chicken**  
served with roasted potatoes & gravy

**Tuesday 28**

**Chicken Tenders**  
served with fries

**Pani's Butter Chicken**  
served with naan

**Friday 29**

**All Beef Hot Dogs**  
served with fries

**Creamy Mac & Cheese**  
served with garlic bread & garden salad