

# Elderhaus and Mindset September 2023 Menu

Monday	Tuesday	Wednesday	Thursday	Friday
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<p><b>Rolls or bread</b> are served with lunch daily.</p> <p><b>Whole Grain (WGR)</b> Requirement is served at Breakfast Daily.</p> <p><b>1% unflavored Milk</b> served daily at breakfast and lunch</p>				Closed
4	5	6	7	8
Closed	<p><b>Breakfast:</b> Cold Cereal (variety) WW Toast (WGR) ½ Banana Milk</p> <p><b>Lunch:</b> Meatball Sub Sandwich French Fries Fresh Fruit Milk</p> <p><b>Snack:</b> Juice and Crackers</p>	<p><b>Breakfast:</b> Hard Boiled Egg WW Toast (WGR) Peaches Milk</p> <p><b>Lunch:</b> Chicken and Tortellini Pasta Salad with Fresh Zucchini, Onion, Bell Pepper Fresh Fruit Milk</p> <p><b>Snack: Creation</b> Cucumber Sandwich</p>	<p><b>Breakfast:</b> WW Pancake (WGR) Fresh Fruit Milk</p> <p><b>Lunch:</b> Country Beef over Rice Peas Applesauce Milk</p> <p><b>Snack:</b> Cottage Cheese and Fruit</p>	<p><b>Breakfast:</b> Oatmeal WW Toast (WGR) Pineapple Milk</p> <p><b>Lunch:</b> Beans and Wieners Hash brown Casserole Roll Fresh Fruit Milk</p> <p><b>Snack:</b> Yogurt and Crackers</p>
11	12	13	14	15
<p><b>Breakfast:</b> WW French Toast (WGR) Fruit Cocktail Milk</p> <p><b>Lunch:</b> Chicken Lo Mein Egg Roll Stir Fry Veggies Mandarin Oranges Milk</p> <p><b>Snack:</b> Muffin and Milk</p>	<p><b>Breakfast:</b> Cold Cereal (variety) WW Toast (WGR) Apricots Milk</p> <p><b>Lunch:</b> Beef Pot Roast with Mixed Veggies and Mashed Potatoes Roll Fresh Fruit; Milk</p> <p><b>Snack:</b> Cucumber and Tomato Salad with Crackers</p>	<p><b>Breakfast:</b> WW Pancakes (WGR) Fruit Cocktail Milk</p> <p><b>Lunch:</b> BBQ Pork Sandwich on Bun Cole Slaw Peaches Milk</p> <p><b>Snack:</b> Cottage Cheese and Fruit</p>	<p><b>Breakfast:</b> Hard Boiled Egg WW Toast (WGR) Peaches; Milk</p> <p><b>Lunch:</b> Tator Tot Casserole with Ground Beef Seasoned Green Beans Roll Pineapple Milk</p> <p><b>Snack: Creation</b> Corn and Black Bean Salsa and Tortilla Chips</p>	<p><b>Breakfast:</b> Baked Oatmeal WW Toast (WGR) ½ Banana; Milk</p> <p><b>Lunch:</b> Mediterranean Chicken Salad w/ Feta cheese and Kalamata Olives on Bed of Greens Roll Apricots Milk</p> <p><b>Snack:</b> String Cheese and Crackers</p>
15	16	17	18	19
<p><b>Breakfast:</b> Scrambled Eggs WW Toast (WGR) Tropical Fruit Milk</p> <p><b>Lunch:</b> Meatloaf with Gravy Mashed Potatoes Roll Mandarin Oranges Milk</p> <p><b>Snack:</b> Cottage Cheese and Fruit</p>	<p><b>Breakfast:</b> WW French Toast (WGR) Fruit Cocktail Milk</p> <p><b>Lunch:</b> Honey Mustard Chicken Roast Potatoes, Carrots, Squash Roll; Peaches Milk</p> <p><b>Snack:</b> Muffin and Milk</p>	<p><b>Breakfast:</b> Cream of Wheat WW Toast (WGR) ½ Banana; Milk</p> <p><b>Lunch:</b> Toasted Ham and Cheese Sandwich Tomato soup Tropical Fruit Milk</p> <p><b>Snack:</b> Juice and Crackers</p>	<p><b>Breakfast:</b> WW Pancakes (WGR) Fresh Fruit Milk</p> <p><b>Lunch:</b> Sloppy Joes with Ground Beef; Bun French Fries Baked Apples Milk</p> <p><b>Snack: Creation</b> Fruit and Yogurt Parfait</p>	<p><b>Breakfast:</b> Cold Cereal (variety) WW Toast (WGR) Fresh Fruit Milk</p> <p><b>Lunch:</b> Pork Tenderloin Roasted Veggies Roll Applesauce Milk</p> <p><b>Snack:</b> Cucumber Sandwich</p>
25	26	27	28	29
<p><b>Breakfast:</b> Baked Oatmeal WW Toast (WGR) ½ Banana Milk</p> <p><b>Lunch:</b> Chicken Gumbo over Rice Cole Slaw Pears Milk</p> <p><b>Snack:</b> Juice &amp; Crackers</p>	<p><b>Breakfast:</b> WW Pancakes (WGR) Fresh Fruit Milk</p> <p><b>Lunch:</b> German Pork Roast (Schweinebraten) Pickled Red Cabbage Dill Mashed Potatoes Roll Applesauce Milk</p> <p><b>Snack:</b> Yogurt and Fruit</p>	<p><b>Breakfast:</b> Cold Cereal (variety) WW Toast (WGR) Pineapple Milk</p> <p><b>Lunch:</b> Mushroom Swiss Burger on Bun French Fries Tropical Fruit Milk</p> <p><b>Snack:</b> Cheese Stick and Crackers</p>	<p><b>Breakfast:</b> WW French Toast (WGR) Peaches Milk</p> <p><b>Lunch:</b> Chicken Alfredo Pasta Side Salad Roll Pears Milk</p> <p><b>Snack: Creation</b> Bean and Cheese Tostada</p>	<p><b>Breakfast:</b> Hard Boiled Egg WW Toast (WGR) Fruit Cocktail Milk</p> <p><b>Lunch:</b> Beef Tacos Seasoned Black Beans Fresh Fruit Milk</p> <p><b>Snack:</b> Muffin and Milk</p>