MENU FOR SEPTEMBER 2021 IN THE GARDEN OF EDEN RESTAURANT

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 **Lunch** Egg Salad on Whole Wheat **Dinner** Meat Loaf Or Vegetable Quiche	**2** **Lunch** Roast Turkey & Cheese on Whole Wheat **Dinner** Sweet & Sour Pork Or Turkey Cutlet w/ Sauteed Mushroom	**3** **Lunch** Fish Fillet On Roll **Dinner** Baked Scallops Or Fettuccine Alfredo	**4** **Lunch** Ham & Swiss on Rye **Dinner** Barbecue Chicken Or Pepper Steak
5 **Lunch** Turkey & Cheese on Whole Wheat **Dinner** Yankee Pot Roast or Baked Chicken	**6** **Lunch** BBQ Beef on Roll **Dinner** Hamburgers and Hotdogs 	**7** **Lunch** Pizza **Dinner** Salmon in Lemon & Butter Or Salisbury Steak	**8** **Lunch** Ham Salad w/Lettuce on Croissant **Dinner** Hot Roast Beef Sandwich Or Eggplant Parmesan	**9** **Lunch** Hot Dog on a Bun **Dinner** Spaghetti w/Sauce Or Cabbage Rolls	**10** **Lunch** Chicken Breast on Roll **Dinner** Cheeseburgers Or Baked Salmon	**11** **Lunch** Tuna Salad on Whole Wheat **Dinner** Porcupine Meatballs Or Ravioli
12 **Lunch** Turkey Salad On White **Dinner** Oven Roasted Chicken Or Glazed Ham	**13** **Lunch** Meat Ball Sub **Dinner** Liver & Onions Or Baked Fish	**14** **Lunch** Hamburger On a Roll **Dinner** Beef Tips Over Gravy Or Pizza Quiche	**15** **Lunch** Reuben Sandwich **Dinner** Lasagna Or Shrimp & Peapod Stir Fry	**16** **Lunch** Bacon, Lettuce & Tomato on White **Dinner** Chicken & Dumplings Or Salisbury Steak	**17** **Lunch** Tuna Salad on Whole Wheat **Dinner** Steamed Shrimp or Veal Steak w/Gravy	**18** **Lunch** Hot Ham & Cheese On Rye **Dinner** Beef Pepper Steak Or Knockwurst & Sauerkraut

* Please note: Low-fat salad dressings and low-fat menu items are available every evening; Baked Chicken, Salmon, Vegetable Plate, Steak Burger, Turkey Burger or Garden Burger, Chef Salad, Cobb Salad, Baked Potato, Baked Sweet Potato, Brown Rice and Seasonal Plate. This symbol denotes low-fat menu items.

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
19 **Lunch** Sliced Turkey On Whole Wheat **Dinner** Baked Stuffed Chicken Breast or Lemon Baked Salmon	**20** **Lunch** Chicken Patty Sandwich **Dinner** Beef Burgundy Or Breaded Sea Strips	**21** **Lunch** Cold Cut Sub **Dinner** Swiss Steak Or Three Cheese Quiche	**22** **Lunch** Egg Salad on Whole Wheat **Dinner** Chicken Tenders Or Sausage w/Sauteed Peppers & Onions	**23** **Lunch** Sliced Ham on White **Dinner** Hungarian Goulash or Lime Marinated Chicken Breast	**24** **Lunch** Bologna & Cheese **Dinner** Lemon Baked Cod Or Chicken in Wine Sauce	**25** **Lunch** Chicken Salad **Dinner** Pork Chops Or Creamed Chip Beef Over Biscuits
26 **Lunch** Smoked Turkey Sandwich **Dinner** Cider Glazed Ham or Roast Chicken	**27** **Lunch** Ham & Swiss on Whole Wheat **Dinner** Meatloaf Or Salmon Cakes	**28** **Lunch** Chicken Salad **Dinner** Hot Turkey Sandwich Or Oven Fried Chicken	**29** **Lunch** Fish Patty on Roll **Dinner** Crab Imperial Or Italian Veal Steaks	**30** **Lunch** Sliced Roast Beef **Dinner** Manicotti Or Memphis BBQ Chicken		

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