



# chef for hire

home  
delivered  
meals

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>2 Happy Labor Day!</b> Sloppy Joe 3oz Roasted Sweet Potatoes ½ cup Brussels Sprouts w/Onion ½ cup Wheat Bun 1 each Diced Pineapple ½ cup Milk 8oz</p>	<p><b>3</b> Chicken Parmesan 3oz Parmesan Cheese Apples w/Cherries &amp; Almonds ½ cup Roasted Potatoes ½ cup Wheat Bread 2 slices Mango Cup ½ cup Milk 8oz</p>	<p><b>4</b> Teriyaki Chicken &amp; Noodles 1 grain Stir Fry Veggies ½ cup Fresh Orange 1 each Dinner roll 1 each Milk</p>	<p><b>5</b> Grilled Chicken 3oz w/Salsa &amp; Cheese Black Beans ½ cup Diced Carrots ½ cup Corn Bread 2 each Mandarin Oranges ½ cup Milk 8oz</p>	<p><b>6</b> Almond Crusted Fish California Veggies ½ cup Scalloped Potatoes ½ cup Diced Peaches ½ cup Wheat Bread 2 slices Milk 8oz</p>
<p><b>9</b> Oven Fried Chicken 3oz 1 grain Collard Greens ½ cup Whipped Sweet Potatoes ½ cup Wheat bread 1 slice Orange Juice 4oz Milk 8oz</p>	<p><b>10</b> Country Ham &amp; Beans 1 cup Diced Carrots ½ cup Diced Beets ½ cup Corn Bread 2 each Mixed Fruit ½ cup Milk 8oz</p>	<p><b>11</b> Smoked Sausage 3oz w/Peppers &amp; Onions Peas ½ cup Roasted Potatoes ½ cup Wheat Bread 2 slice Strawberry Applesauce ½ cup Milk 8oz</p>	<p><b>12</b> Vegetarian Chili 1 cup California Veggies ½ cup Roasted Sweet Potatoes ½ cup Corn Bread 2 each Tropical Fruit ½ cup Milk 8oz</p>	<p><b>13</b> Italian Bowtie (1 grain) Pasta w/Beef 3oz Broccoli w/Red Peppers ½ cup Green Beans ½ cup Dinner roll 1 each Applesauce ½ cup Milk 8oz</p>
<p><b>16</b> Grilled Hamburger 3oz Mac &amp; Cheese ½ cup Festive Green Beans ½ cup Diced Pineapple ½ cup WG Bun 1 each Milk 8oz</p>	<p><b>17</b> Sliced Turkey over Southwest Pasta 1 grain Broccoli ½ cup Peas ½ cup Dinner roll 1 each Chocolate Pudding ½ cup Milk 8oz</p>	<p><b>18</b> Chicken &amp; Shrimp Paella 1 cup Kyoto Veggies ½ cup Wheat Bread 1 each Diced Pears ½ cup Milk 8oz</p> 	<p><b>19</b> Bagel w/Sausage, 2 grain Egg &amp; Cheese 3oz Roasted Sweet Potatoes ½ cup Sliced Apples ½ cup Milk 8oz</p>	<p><b>20</b> Beef Stew 1 cup(2oz) Corn ½ cup Turnip Greens ½ cup Wheat Bread 2 slice Diced Peaches ½ cup Milk 8oz</p>
<p><b>23</b> Country Fried 3 oz Steak w/Gravy (1 grain) Spinach ½ cup Baked Potato ½ cup Tropical Fruit ½ cup Milk 8oz</p>	<p><b>24</b> Spaghetti/meatballs 2oz 1 grain Parmesan Cheese California Veggies ½ cup Italian Cut Green Beans ½ cup Dinner roll 1 each Mandarin Oranges ½ cup Milk 8oz</p>	<p><b>25</b> Meatloaf w/Gravy 3oz Mashed Potatoes ½ cup Brussel Sprouts ½ cup Wheat Bread 2 slices Diced Pears ½ cup Milk 8oz</p>	<p><b>26</b> Potato Pollock 3oz Tartar Sauce Peas and Corn ½ cup Collard Greens ½ cup Wheat Bread 2 slices Tropical Fruit ½ cup Milk 8oz</p>	<p><b>27</b> Indiana Style 2oz Chili Mac 1 grain Mixed Veggies ½ cup Applesauce ½ cup Corn Bread 2 each Milk 8oz</p>
<p><b>30</b> Smothered Chicken 3oz Breast w/ Gravy White and Wild Rice ½ cup Key West Veggies ½ cup Wheat Roll 1 each Birthday Treat 1 each Milk 8oz</p>				<p>Cultural Meal Day</p> 

\*Menus are subject to change based on product availability.