



DINING ROOM MENU FOR SEPTEMBER 2024
BERNARDI MULTIPURPOSE SENIOR CENTER
 Dining Center
 747 254-2579



Subject to change without notice.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p>WE WILL BE CLOSED ON LABOR DAY</p>	<p>3) Beef Fajita (Beef) Pinto Beans Tossed Green Salad w/ Cilantro Dressing Tortilla *Pineapple & Mango Fruit Cup LF Milk</p> <p align="center">FOOD BANK</p>	<p>4) Mediterranean Chicken **Roasted Vegetables Lentil Salad w/ Cucumbers & Vinaigrette Dressing Brown Rice Pilaf Pita Bread *Cantaloupe OR Tangerine & LF Milk</p>	<p>5) Tuna Salad Herbed Potato Salad OR Herb Roasted Potatoes *Creamy Coleslaw Whole Grain Roll Baked Apple OR Applesauce LF Milk</p>	<p>6) Roast Turkey Breast **Fresh Baked yam or Sweet Potato ** Spinach Salad w/ French Dressing Whole Grain Stuffing *Kiwi OR Orange Lemon Pudding LF Milk</p>
<p>9) Fish Creole Red Beans *Creamy Coleslaw Warm WG Tortilla Pear or Plum LF Milk</p>	<p>10)Chinese Chicken Salad Crunchy Rice Noodle Garnish ***Mixed Salad w/ Kale, Brussels Sprouts Sesame Dressing *LS Beet & Orange Salad Fresh & Fruit in Season Whole Grain Roll LF Milk</p>	<p>11) Stuffed Bell Pepper (Ground Turkey) Mixed Vegetables Romaine Salad w/ Tomatoes 1000 Island Drsg. Dinner Roll Apple Red Gelatin Cubes w/ Yogurt LF Milk</p>	<p>12) Tuscan Bean Stew Roasted Cauliflower ** Spinach Salad Ranch Dressing *Orange Whole Grain Roll LF Milk</p>	<p>13) Korean BBQ (Beef) Saute Zucchini w/ Sesame Seeds *** Broccoli Salad w/ Sliced Radish Herbed Brown Rice Pineapple LF Milk</p>
<p>16) 17) Beef Tamale LS Pinto Beans *Shredded Cabbage Salad with Cilantro Dressing Spanish Brown Rice Fresh Fruit Tapioca Pudding OR Custard LF Milk</p>	<p>17) Turkey Vegetable Stir-fry w/ Lo Mein Noodles *Cabbage, Cucumber, Radish Salad w/Sesame Drsg WG Roll or Bread Poached Ginger Pear LF Milk</p>	<p>18)Chicken Cobb Salad Herbed Chicken ***Mixed Salad Green w Shredded Carrots & Bell Pepper 1000 Dressing Tomato & Cucumber Salad Whole Grain Roll Fresh Seasonal Fruit LF Milk</p>	<p>19) *Orange Juice Bolognese w/ Penne Pasta (Turkey) Herbed Zucchini & Yellow Squash Caesar Salad w/ Croutons Caesar Dressing Fruit Cup (apple & melon) LF Milk</p>	<p>20) Fish & Chips **Roasted Sweet Potato Wedges *Coleslaw WG Roll or WG Bread Fresh Peach OR Plum LF Milk</p>
<p>23)Southwest Chicken Bowl * Shredded Cabbage Mixed Salad Greens, Radish w/ Cilantro Dressing Corn Salad Whole Grain Roll Fresh or Unsweetened Peaches or Melon LF Milk</p>	<p>24) Shepherd's Pie . Ground Beef w/Mashed Potatoes **Carrots Mixed Salad Greens French Dressing Whole Grain Roll *Kiwi LF Milk</p>	<p>25) Baked Fish Almandine Green Beans w/ Herbs ***Spinach Salad w/Kale, Bell Pepper, Cucumber,1000 Drsg Barley w/ Herbs Yogurt Parfait w/Berries LF Milk</p>	<p>26) Cashew Chicken Green Peas *LS Beet & Mandarin Orange Salad Brown Rice Fresh Fruit In Season LF Milk</p>	<p>27) Garden Vegetable Lasagna WG Lasagna Pasta Zucchini & Mushrooms Tomato Sauce w/ Parmesan Cheese Broccoli** Caesar Salad w/Caesar Dressing *Cantaloupe OR Orange LF Milk</p>
<p>30) *Orange Juice Open Face Hot Turkey Sandwich Green Beans Mashed Potatoes **Spinach Salad w Shredded Cabbage & Cranberries Vinaigrette Dressing Whole Grain Bread LF Milk</p>			<p>LUNCH IS SERVED AT 11:30 A.M. 12:30P.M. Monday—Friday</p>	<p>SARA THOMPSON <i>Dining Coordinator</i> SUGGESTED DONATION OF \$3.10 FOR THOSE 60 YEARS OLD AND OVER</p>