

September Menu 2013

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
1 Salad, Sandwich, or Leftovers	2 BBQ Chicken Pie , Side Salad	3 Crock Pot Mongolian Beef over Rice GF, SC	4 Pesto Alfredo Ravioli Bake , Italian Vegetables	5 Brown Sugar Crock Pot Pork Chops , Green Beans GF, SC	6 Gourmet White Chicken Pizza	7 Chicken Enchilada Chili	
8 Salad, Sandwich, or Leftovers	9 Crock Pot Roast Beef with Mock Mashed Potatoes GF, SC	10 Bacon Wrapped Spinach & Artichoke Chicken GF	11 Mexican Special GF, SC	12 Vegetable Sausage Skillet , Fresh Fruit GF	13 Slow Cooker Ginger Sesame Chicken SC, GF	14 Southern Style Red Beans & Rice , Cornbread GF	
15 Salad, Sandwich, or Leftovers	16 Shepherd's Pie , Steamed Broccoli	17 Eggplant Parmesan Casserole , Side Salad	18 Beef & Peppers with Cheese Grits GF, SC, Cx2	19 Pancakes, Eggs, Sausage & Bacon, Fresh Fruit	20 Cheesy Chicken Tator Tot Casserole , Vegetable GF, SC	21 Taco Bowls with Guaca-Salsa	
22 Salad, Sandwich, or Leftovers	23 Tomato, Zucchini, & Onion Egg Bake GF	24 Garden Fresh Oven Omelet , Fresh Fruit	25 Beef & Peppers Enchiladas , Peas & Carrots GF	26 Crock Pot Lasagna , Side Salad SC	27 Teriyaki Pork Kabobs with Baked Brown Asian Rice GF	28 Stuffed Pepper Soup GF, SC	
29 Salad, Sandwich, or Leftovers	30 Asian Noodle Stir-fry GF	<p>The family is a haven in a heartless world. ~ Christopher Lasch</p>					

Abbreviation Key

GF - Gluten Free Adaptable
 SC - Slow Cooker
 OF - Oven Free
 Cx2 - Cook Once, Eat Twice