

# September Menu 2013

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