

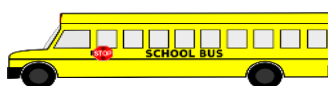




River Bend September 2021 Menu

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			<p>1 (D) Ham Steak OR Baked Fish, Sweet Potatoes, Mixed Vegetables</p> <p>(S) Goulash, Green Beans, Breadstick</p>	<p>2 (D) Roasted Chicken OR Pork Chop, Mashed Potatoes w/ Gravy, Harvard Beets</p> <p>(S) Chicken Caesar Salad, Cottage Cheese</p>	<p>3(D) Catfish w/ Party Potatoes OR Scalloped Ham & Potatoes, Peas</p> <p>(S) Dr. Pepper Meatballs, Capri Blend Vegetables</p>	<p>4 (D) Roast Turkey w/ Gravy, Stuffing, Corn</p> <p>(S) Pulled Pork on a bun, Ranch Steak Fries</p>
<p>5 (D) Country Fried Chicken w/ Gravy, Mashed Potatoes, Peas & Carrots</p> <p>(S) Breaded Fish Sandwich, Corn</p>	<p>6 Labor Day</p> <p>(D) Pulled Pork on a bun OR Cheeseburger, Coleslaw, Carrots</p> <p>(S) Cold Cut Sandwich, Tomato Slice, Chips</p>	<p>7 (D) Meatloaf OR Chicken Nuggets, Mashed Potatoes w/ Gravy, Green Bean Casserole</p> <p>(S) Spaghetti w/ Marinara Sauce & Meatballs, Breadstick</p>	<p>8 (D) Roasted Chicken OR Catfish Nuggets, Stuffing, Capri Vegetables</p> <p>(S) BBQ Rib Patty, French Fries, Carrots</p>	<p>9 (D) Beef Stroganoff OR Open Face Pork Sandwich, Green Beans</p> <p>(S) Breaded Chicken Filet on a bun, Lettuce, Tomato, Rice Pilaf</p>	<p>10 (D) COOKOUT</p> <p>Hotdog OR Grilled Shrimp, Mac Salad, Baked Beans</p> <p>(S) Swedish Meatballs, Sunshine Carrots</p>	<p>11 (D) Ham w/ Baked Potato, Beets in Orange Sauce</p> <p>(S) Hot Dog on a Bun, Macaroni & Cheese, Roll</p>
<p>12 (D) Beef Pot Roast, Mashed Potatoes w/ Gravy, Mixed Vegetables</p> <p>(S) Hushpuppy Fish Filet and French Fries</p>	<p>13 (D) Honey Ham w/ Sweet Potato OR Creamed Turkey, Country Trio Vegetables</p> <p>(S) Grilled Cheese Sandwich, Tomato Soup, Creamy Cucumber Salad</p>	<p>14 (D) Baked Fish OR Liver and Onions, Mashed Potatoes, Green Beans</p> <p>(S) Mini Chicken Salad Sandwiches, Cottage Cheese</p>	<p>15 (D) Roasted Chicken w/ Party Potatoes OR Italian Pasta Bake w/ Breadstick, Creamed Peas</p> <p>(S) Pizza, Tossed Salad</p>	<p>16 (D) Apple Cider Pork Loin OR Cheeseburger, Red Potatoes, Scalloped Corn</p> <p>(S) Grilled Ham & Cheese on a bun, Baked Beans</p>	<p>17 (D) Baked Fish w/ Baked Potato & Blended Vegetables OR Taco Salad</p> <p>(S) BBQ Chicken Drumsticks, Coleslaw, Pea Salad</p>	<p>18 (D) Salisbury Steak w/ Gravy, Cheesy Mashed Potatoes, Glazed Carrots</p> <p>(S) Ham Salad Sandwich, Tossed Salad</p>
<p>19 (D) Roast Turkey, Mashed Potatoes w/ Gravy, Cheddar Corn Casserole</p> <p>(S) Bratwurst on a Bun, Sauerkraut, Potato Chips</p>	<p>20 (D) Lasagna w/ Breadstick OR Pork Chop Au Gratin, California Vegetables</p> <p>(S) Turkey & Cheese Sandwich, Tomato Slice, Tater Tots</p>	<p>21 (D) Raspberry BBQ Ribs w/ Mashed Sweet Potato OR Creamed Turkey, Green Beans</p> <p>(S) Southwest Chicken Salad, Crackers, Cottage Cheese</p>	<p>22 (D) Herbed Baked Chicken OR Breaded Fish Filet, Mashed Potatoes w/ Gravy, Carrots</p> <p>(S) Hot Dog on a Bun, Sweet & Sour Cucumbers, Baked Beans</p>	<p>23 (D) Baked Pork Chop w/ Party Potatoes OR Hamburger Stroganoff, Mixed Vegetables</p> <p>(S) Pizza, Breadstick</p>	<p>24 (D) COOKOUT</p> <p>Grilled Salmon OR Cheeseburger, Coleslaw, Pasta Salad, Chips</p> <p>(S) Chicken Fettuccine Alfredo, Peas, Breadstick</p>	<p>25 (D) Goulash, Breadstick, Corn</p> <p>(S) Sloppy Joe on a Bun, German Style Potato Salad, Pickle Spear</p>
<p>26 (D) Beef Pot Roast, Mashed Potatoes w/ Gravy, Sunshine Carrots</p> <p>(S) Grilled Ham & Cheese Sandwich, Tomato & Cucumber Salad</p>	<p>27 (D) Corned Beef w/ Baked Potato, Scalloped Cabbage OR Taco Salad</p> <p>(S) Hushpuppy Fish Filet, Salt & Vinegar Potatoes, Pea Salad</p>	<p>28 (D) Meatloaf w/ Mashed Potatoes OR Chicken Filet on a bun, Country Trio Vegetables</p> <p>(S) Loaded Turkey Noodle Casserole, Blended Vegetables</p>	<p>29 (D) Ham Steak OR Baked Fish, Sweet Potatoes, Mixed Vegetables</p> <p>(S) Goulash, Green Beans, Breadstick</p>	<p>30 (D) Roasted Chicken OR Pork Chop, Mashed Potatoes w/ Gravy, Harvard Beets</p> <p>(S) Chicken Caesar Salad, Cottage Cheese</p>		



September