SEPTEMBER 2023

Café COSTA — Taste the Good Life.

MAKE YOUR LUNCH RESERVATIONS AT LEAST ONE BUSINESS DAY IN ADVANCE!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				9/1 **LABOR DAY** Baked Salmon Fillet w/Lemon Caper Sauce over Wild Rice Spinach Whole Kernel Corn C Fresh Berries
9/4 **LABOR DAY** **HOLIDAY**	**9/5** Cheese Ravioli w/Alfredo Sauce Green Peas Carrots Whole Wheat Roll w/Butter C Fresh Orange	**9/6** BBQ Chicken Salad over Mixed Greens and Salad Dressing Lentil Soup Cornbread w/Butter C Citrus Fruit	**9/7** Cheeseburger w/Lettuce, Tomato, Onion, Mayo, Mustard, and Ketchup on a Whole Grain Bun Potato Nuggets C Fiesta Vegetables Seasonal Fresh Fruit	**9/8** Teriyaki Chicken over Asian Brown Rice Bok Choy Soup C Asian Vegetables Seasonal Fresh Fruit Cookie
9/11 Roasted Chicken w/Gravy C Mashed Potatoes Italian Vegetables Tossed Salad w/Dressing C Orange Juice Brownie	**9/12** Beef Stroganoff over Whole Grain Penne C California Vegetables Green Salad w/Dressing Seasonal Fresh Fruit	**9/13** Baked Tilapia w/Dill Sauce over Brown Rice Cream of Carrot Soup Scandinavian Vegetables C Tropical Fruit	**9/14** Turkey & Swiss Cheese Sandwich w/Lettuce, Tomato, & Onion on Sourdough Bread Mayonnaise & Mustard Hearty Vegetable Soup C Coleslaw Seasonal Fresh Fruit	**9/15** Pork Carnitas w/Salsa Spanish Rice Stewed Tomatoes Green Salad w/Dressing C Citrus Fruit
9/18 Breaded Fish Sandwich w/Tartar Sauce Corn Chowder Carrot Slaw Whole Wheat Bun C Mandarin Oranges	**9/19** Sesame Mustard Pork over Confetti Rice Cauliflower Soup C Steamed Cabbage Seasonal Fresh Fruit Ice Cream	**9/20** Turkey Enchilada Casserole w/Salsa Whole Kernel Corn C Cilantro Slaw w/Carrots Juice Pudding	**9/21** Oven Fried Chicken Whipped Yams C California Vegetables Whole Wheat Roll w/Butter Seasonal Fresh Fruit	**9/22** Meatloaf w/Gravy C Mashed Potatoes Green Beans Whole Wheat Roll w/Butter Applesauce
9/25 Swedish Meatballs over Herbed Pasta Spinach Whole Wheat Roll w/Butter C Tropical Fruit	**9/26** Fish Vera Cruz C Mashed Potatoes Scandinavian Vegetables Whole Wheat Roll w/Butter Seasonal Fresh Fruit	**9/27** Ginger Pepper Beef over Brown Rice Green Peas Carrots Fruited Gelatin C w/Mandarin Oranges	**9/28** Sliced Turkey w/Gravy C Whipped Potatoes Mixed Vegetables Stuffing Cranberry Sauce Seasonal Fresh Fruit	**9/29** Taco Salad w/Ground Turkey, Shredded Cheese, Mixed Greens, Salsa & Ranch Dressing Tortilla Chips Black Bean Soup C Fresh Orange

All meals served with lowfat milk.

NEW! 2 DAILY ALTERNATIVE ENTRÉE CHOICES: VEGETARIAN OR FEATURED ENTRÉE SALAD (CHICKEN CAESAR).

— Vitamin A

C Vitamin C

\+ Higher in sodium