

# September 2022

## Two Rivers/Mishicot Area Dine In and Home Delivered Meals

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
29	30	31	1	2
<b>IMMUNE BOOSTING FOODS OF THE MONTH</b>	<i>White Potatoes: Contain vitamin C, potassium, and fiber, along with other essential vitamins and minerals which contribute to overall health.</i>	<i>Strawberries: Another good source of vitamin C, fiber, and potassium. Add to your morning yogurt for a nutrient rich breakfast!</i>	Shepard's Pie Brussel Sprouts Carrot Raisin Salad White Bread Rice Krispie Bar	Beef Tips Mashed Potatoes & Gravy Corn WW Dinner Roll Lemon Bar
5	6	7	8	9 Patriot's Day
Closed - Labor Day	Swedish Loaf Mashed Potatoes & Gravy Winter Blend Veggies Rye Bread Chocolate Pudding Torte	Beefy Mac & Cheese Mediterranean Herb Veggies Peaches WW Bread PB Cookie*	French Bread Pizza Romaine Salad Country Blend Veggies Banana	Fish Sandwich on WW Bun Whipped Sweet Potatoes Coleslaw Black Forest Cake
12	13	14	15	16
Taco Bake Casserole Refried Beans Corn WW Bread Golden Salad	Meatballs & Gravy Mashed Potatoes Green Beans WW Bread Strawberries Angel Food Cake	<u>National Hoagie Day</u> Beef & Cheese Hoagie Vegetable Bean Soup Mandarin Oranges Vanilla Pudding	Baked Chicken Mashed Potatoes & Gravy Carrots WW Bread Raspberry Bar	Chili Chicken Salad on Wheat Broccoli Cauliflower Salad Warm Applesauce Berry Torte
19	20	21 First Day of Fall	22	23
Pork w/Fried Rice Stir Fry Veggies Baby Corn Pears Fortune Cookie	Turkey Noodle Casserole Winter Squash Grapes Chocolate Chip Cookie	BBQ Shredded Pork on WW Bun Cheesy Potatoes Baked Beans Pumpkin Bar	Meatloaf Diced Sweet Potatoes Broccoli WW Bread Fresh Fruit	<u>National Pot Pie Day</u> Chicken Pot Pie Dish Romaine Salad Grape Tomatoes WW Bread Cherry Cake
26	27	28	29	30
<u>National Dumpling Day</u> Chicken Dumpling Soup Ham Salad on Rye Cucumber Salad Pears Apple Bar	Baked Mostaccioli in Meat Sauce Mixed Veggies Fruit Salad Black Bean Brownie	Tator Tot Casserole Wax Beans Mandarin Oranges WW Bread Poke Cake	Sloppy Joe on WW Bun German Potato Salad Baked Beans Fresh Fruit	Salmon Boiled Red Potatoes Broccoli Rye Bread Fruited Lemon Fluff
3	4	Notes		
*Contains nuts. Please note, our kitchen is NOT a nut-free facility.				

