

September 3rd (no Monday due to labor day)

Chicken Spinach Enchiladas Pie w/Verde Sauce (gf)

Buffalo Chicken Mac & Cheese (can be gf)

Spinach & Ricotta Lasagna Rollups (veg)

Mini Melties—Philly Cheesesteak w/roasted peppers, onions & provolone

Southwest Spaghetti Squash Casserole (veg and gf) (add chicken)

Smashed Mediterranean Chickpea Wraps (veg) (DO NOT MAKE GF)

Black Bean & Corn Salad (v and gf)

Italian Chopped Salad w/Basil Vinaigrette (v and gf)

Loaded Pasta Salad w/Bacon Broccoli & Cheese (can be gf)

Kale & Chickpea Caesar Salad (gf)

Garlic Parmesan Bread

Roasted Pepper & Tomato Soup (v and gf)

Mediterranean Tuna Salad (gf)

Broccoli Apple Walnut (veg and gf)

Chocolate Chip Cookie Brownie Bars

Apple Cinnamon Coffee Cake

Jumbo Blueberry Muffins

Banana Chocolate Chip Mini Bundt Cake

Carrot & Apple Oatmeal Breakfast Cookie

Sept. 9th

Black Bean and Rice Burittos veg (can add chicken OR Chorizo)

Linguine w/Lentil Bolognese (v can be gf)

Spinach & Feta Stuffed Sweet Potatoes (veg and gf) can add chicken

Italian Tortellini Stew (veg)

Jumbo Sammie—Turkey Bacon Jam Apple & Cheese

Chicken Florentine Stuffed Peppers (gf)

Southwest Edamame & Corn (v and gf)

Arugula Salad w/Roasted Tomatoes, Candied Walnuts and Shaved Parmesan w/Lemon Vinaigrette (veg and gf)

Rosemary Garlic Pull Apart Bread

Harvest Salad

Corn & Bacon Chowder

Creamy Tomato Basil Soup

Kale & Brussels Sprout Salad

Caesar Pasta Salad

Chocolate marble pound cake

Cinnamon Apple Loaf

Fruit and Yogurt Parfaits

Oreo Chocolate Mini Bundt Cake

Apple Torte Bars

Sept 16th

Southwest Pulled Pork & Sweet Potato Stew (gf)

Buffalo Chicken Quesadillas—ready to grill

Thai Red Curry Veggies & Rice (v and gf) (can add shredded chicken)

Entrée Cobb Salad w/Green Goddess Dressing (veg and gf) (can add shredded chicken)

Baked Pasta w/Chicken Sausage & Spinach (can be gf)

Mediterranean Veggie Wraps (veg) (can add turkey)

Cheddar Jalapeno Corn Bread

Homestyle Potato Salad

Chopped Salad w/Mango, Pickled Onions & Peppers w/Ginger Lime Dressing

Strongarm Cinnamon Raisin Bread

Italian Wedding Soup

Black Bean & Chorizo Chili

Harvest Salad

Roasted Red Pepper & Feta Hummus

Jumbo Chocolate Muffins

Lemon Bars

Toffee Brownies

Blueberry Lemon Scones

Zucchini Bread

Sept 23rd

Jambalaya Stuffed Peppers w/Chicken and Andouille Sausage (gf)

Jumbo Sammies—BBQ Pork and Cheddar

Roasted Veggie Lasagna (veg can be gf)

Stuffed Acorn Squash w/Wild Rice Cranberries & Apples (v and gf) (can add chicken sausage)

Turkey & Butternut Squash Enchiladas (can be gf)

Broccoli Potato & Cheddar Frittata (veg and gf) (can add ham)

Italian Lentil Soup (v and gf)

Chipotle Baked Beans

Garden Salad w/Balsamic Vinaigrette

Dill Potato Salad

Mediterranean Chickpea

Rosemary & Blue Cheese Biscuits (make large)

Chicken Noodle Soup (can be gf)

SW Chopped Salad w/Chipotle Ranch

Cranberry Orange Mini Bundt Cake

Smores Chocolate Cookies

Butterfinger Brownies

Pumpkin Chocolate Chip Breakfast Bread

Banana Chocolate Chip Cinnamon Loaf

Sep 30th

Baked Pasta w/Beef Ragu (can be gf)

Chicken Parmesan Spaghetti Squash Casserole (gf)

Roasted Root Vegetable Stew (v and gf)

Entrée Autumn Spinach Salad w/Roasted Butternut Squash, Apples, Cranberries & Feta w/Candied Pecans (veg and gf) Can add chicken (Balsamic Vinaigrette)

Blackened chicken salad Wraps

Meat Lasagna (can be gf)

Harvest Kale Salad

Homestyle Pasta Salad

Chipotle Chicken & Chorizo Chili

Caesar Salad w/Focaccia Croutons

Spinach Salad w/Tangy French Dressing

Strongarm Sourdough Bread

Mediterranean Tuna Salad

Italian Vegetable Orzo Soup

Carrot & Apple Cookies

Oatmeal Chocolate Chip Cookies

GF Peanut Butter & Chocolate Brownies

Chocolate Pumpkin Cheesecake Bar

Blueberry Streusel Coffee Cake