

NEOAC SEPTEMBER 2017 / Menu

Monday	Tuesday	Wednesday	Thursday	Friday
				<p>1 <u>Chef Sandwich</u>(1oz Turkey Ham, 1oz Turkey, 1oz Swiss Cheese) 2 slices Whole Wheat Bread, Mustard ½ c 3 Bean Salad ½ c Unswt Cinnamon Applesauce ½ c Tomato Bisque</p>
	<p>5 <u>Honey Mustard Silced Chicken Sandwich</u> (3oz EP Chicken) Lettuce Leaf, Tomato Slice Honey Mustard 1 Small Kaiser Roll ½ c Broccoli, Onion & Craisin Salad Fresh Peach</p>	<p>6 <u>Egg Salad</u> ½ c Egg Salad, 3 Whole HB eggs ½ c Carrot & Raisin Salad ½ c Health Salad 1 Whole Wheat Pita ½ c Mandarin Oranges 4oz Apple Juice</p>	<p>7 <u>Spinach Salad</u> (1.5oz Swiss Cheese, 1 ½ HB Eggs, 2cups Fresh Spinach, 0.5oz Mushrooms, 1oz Fat Free Italian Dressing) ½ c Lentil Salad(Lentils Tomatoes & Onions) 1.5oz White Roll 1 Light Lemon Cake ½ c Minestrone Soup</p>	<p>8 <u>Asian Chicken Salad</u> (3oz EP Chicken over Romaine Lettuce, 1oz Red Peppers, 1oz Cucumbers, 0.5oz Chow Mein Noodles, ¼ c Mandarin Oranges) 1oz Asian Dressing ½ c Sesame Pasta Salad 1 sl Whole Wheat Bread Margarine ½ c Pears</p>
	<p>12 <u>Turkey Ham & Swiss Sandwich</u> (2oz Turkey Ham, 1oz Swiss) on 2 Slices Marble Rye Bread Lettuce Leaf Mustard ½ c Sweet Corn & Bean Salad ½ c Marinated Summertime Salad (tomatoes, Onion, Peppers, Cucumbers) 1oz Oatmeal Cookie</p>	<p>13 <u>Grilled Chicken Caesar</u> (3oz EP Chicken, 2cups Romaine Lettuce, 3 Tomato Wedges, 1oz Croutons, 1oz Caesar Dressing) ½ c Greek Chickpea Salad 1 sl Whole Wheat Bread ½ c Pineapples</p>	<p>14 <u>Thanksgiving Turkey Hoagie</u>(3oz EP Turkey, w/1/4 Stuffing on Club Roll) ½ c Marinated Green Bean Salad Mayo ½ c Unswt Strawberry Applesauce 4oz Apple Juice</p>	<p>15 <u>Tuna Salad</u>(3oz EP Tuna) Lettuce Leaf, Tomato Slice ½ c Health Salad ½ c Marinated Tomato & White Bean Salad Mini Plain Bagel Fresh Plum ½ c Manhattan Clam Chowder</p>
	<p>19 <u>Chicken Salad Platter</u> (3oz EP Chicken) ½ c Broccoli, Onion, Craisin Salad ½ Pickled Beet Salad 1.5oz Whole Wheat Roll, Margarine ½ c Mandarin Oranges</p>	<p>20 <u>Turkey Sandwich</u> (3oz EP Turkey Ham) on 2 sl 7 Grain Bread ½ c Marinated Carrot Salad ½ c Cold Couscous Salad w/Bell Peppers Mayo Fresh Nectarine</p>	<p>21 <u>BBQ Chicken Ranch Salad</u>(3oz EP Chicken w/1T BBQ Sauce, 0.5oz Shredded Cheese, 2 cups Romaine Lettuce, 0.5oz Red Onion Slices ¼ c Yellow Corn) 1oz Fat Free Ranch Dressing 1 sl Pumpemickel Bread, Margarine ½ c Unswt Cherry Applesauce 4oz: Apple Juice</p>	<p>22 <u>Garden Salad topped w ½ c Seafood Salad</u> (3oz EP Surimi) 2oz c Romaine Lettuce w 1oz Cucumber, 1oz carrots, 1oz Tomato Wedges 1oz Light Zesty Italian ½ c Veggie Pasta Salad 1.5oz Whole Wheat Roll, Margarine ½ c Peaches ½ c Navy Bean Soup</p>
	<p>26 <u>Roast Beef Hoagie</u> 3oz EP Roast Beef, 1 slice Red Onion, 1 Lettuce Leaf, Tomato Slice ½ cup Cole Slaw 2oz Club Roll PC Mustard ½ cup Pudding</p>	<p>27 <u>Bentley Salad</u> (1oz EP Turkey, 1oz EP Turkey Ham, 1oz Swiss Cheese, ½ HB Egg, ¼ c Rotini Pasta, 2 cups Romaine Lettuce, 1oz Tomatoes) 1oz Fat Free Thousand Island ½ c Marinated Cucumber Salad 1.5oz Whole Wheat Roll ½ c Pineapple Tidbits</p>	<p>28 <u>Crab Salad Platter</u> (1/2 c Crab Salad/3oz EP Surimi, 1oz Cheddar Cheese) Lettuce Leaf, 2 Slice Tomatoes ½ c Marinated Broccoli & Cauliflower Salad 1.5oz Whole Wheat Roll ½ c Fruit Cocktail</p>	<p>29 <u>Chef Sandwich</u>(1oz Turkey Ham, 1oz Turkey, 1oz Swiss Cheese) 2 slices Whole Wheat Bread, Mustard ½ c 3 Bean Salad ½ c Unswt Cinnamon Applesauce ½ c Tomato Bisque</p>