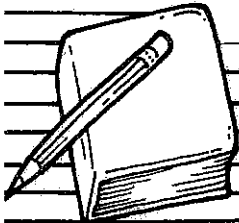


SEPTEMBER 2017

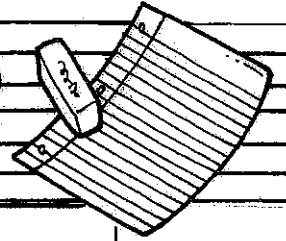
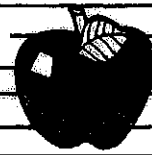
Blackstone Café
728-9290

Suggested donation \$3.00

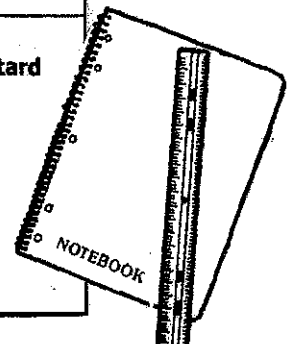
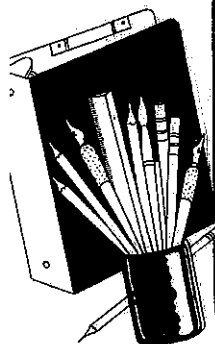
Café on Chopmist Hill
647-2662



Back to School



WEDNESDAY	THURSDAY	FRIDAY
<p><i>All menu items may contain nuts, seeds, beans, wheat bran, and other allergens.</i></p> <p>September SALAD OPTION: <i>Ham-Turkey-Cheese-Tomato Lettuce Mix with Creamy Italian Dressing</i></p>		<p>1 Minestrone Soup Shepherds Pie Brussels Sprouts Jello Garlic Roll</p> <p><i>(Seafood Salad on Wheat)</i></p>
<p>6 Beef Noodle Soup Beef Wellington w/ Ketchup Lyonnais Potatoes Fresh Zucchini Tapioca Pudding</p> <p><i>(Corned Beef & Swiss on a Roll)</i></p>	<p>7 Barley Vegetable Soup Veal Cutlet w/ Marinara Sauce Seasoned Whole Grain Ziti Italian Blend Vegetables Frosted Brownie Italian Bread</p> <p><i>(Salami w/ Provolone & Mustard on Italian)</i></p>	<p>8 100% Apple Juice Bbq Chicken Breast Baked Beans Prince Edward Blend Vegetables Watermelon Multi Grain</p> <p><i>(Hot Dog on Bun)</i></p>
<p>13 Tomato & Brown Rice Soup Chicken w/ Artichoke, Roasted Red Peppers in Lemon Sauce Oven Roasted Potatoes Mixed Vegetables Italian Ice Whole Wheat Bread</p> <p><i>(Meatloaf on Whole Wheat Bread)</i></p>	<p>14 100% Cranberry Juice Beef Stroganoff Whole Grain Noodles Sliced Carrots Fresh Fruit Marble Bread</p> <p><i>(Turkey & Cheese on Marble)</i></p>	<p>15 Seafood Gumbo Soup Potato Crunch Fish w/ Tartar Sauce Au Gratin Potatoes 3-Bean Salad Low Fat Yogurt Wheat Bread</p> <p><i>(Roast Beef & Cheese on Wheat)</i></p>
<p>20 Pasta & Bean Soup Stuffed Pepper w/ Sauce Seasoned Diced Potatoes Baby Carrots Mandarin Oranges Wheat Bread</p> <p><i>(Turkey & Cheese on Wheat)</i></p>	<p>21 HAPPY BIRTHDAY Chicken Escarole Soup French Meat Pie w/ Ketchup Green Beans Frosted Cupcake Pumpnickel Bread</p> <p><i>(Ham Salad on Pumpnickel)</i></p>	<p>22 Broc. and L.F. Cheddar Soup Seafood Salad Chic Pea Salad with Olives Cole Slaw Fresh Fruit Multi-Grain Bread</p> <p><i>(Chicken Salad on Multi)</i></p>
<p>27 100% Apple Juice Cheese Omelet w/ Sliced Tomato Turkey Sausage Crispy Cube Home Fries Fresh Fruit Cup</p> <p><i>(Ham & Cheese on Rye w/ Side Salad)</i></p>	<p>28 Chicken Soup w/ Egg Barley Liver & Onions w/ Gravy Mashed Potatoes California Blend Vegetables Seasonal Fruit Wheat Dinner Roll</p> <p><i>(Shrimp Salad on Wheat Roll)</i></p>	<p>29 Lentil Soup Italian Sausage w/ Mustard Peppers & Onions Baked Chips Unsweetened Applesauce Rye Bread</p> <p><i>(Hamburger on Roll)</i></p>



Please inform Kitchen of any food allergies.

Name _____