

# Sterling Group Foods

## CANTOR SENIOR CENTER & ADULT DAY CARE

### September 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1
<p>The lunch program is sponsored through a partnership with the David Posnack JCC, The State of Florida Department of Elder Affairs ,and The Area Agency on Aging of Broward County.</p> <p><b>DATE: 6-1-23</b>  <b>APPROVED BY: ALEX FRIZZELLE</b>  <b>STERLING GROUP FOODS</b></p>				3 oz. Chicken Schnitzel ½ c. Sweet peas ½ c. Mashed Potatoes 2 oz. WG Roll ½ c. Fresh Fruit 1 Package of Powdered Milk
4	5	6	7	8
SITES CLOSED  HAPPY LABOR DAY	3 oz Waldorf Chicken Salad on a bed of lettuce ½ c. Baked Sweet Potato Slices ½ c. Green Bean Salad ½ c. Pineapple 2 oz. WG Roll w/Margarine 1 package Powdered Milk	3 Oz. Sweet & Sour Meatballs ½ c. Green Beans ½ c. Noodles 1 Sl WG Bread w/Margarine ½ c. Peaches 1 Package Powdered Milk	4 oz Egg salad ½ c tomato, cucumber, onion salad ½ c. carrot Raisin salad 2 SL. WG Bread w/ Margarine ½ c Fresh Seasonal Fruit 1 package of Powdered Milk	3 oz. Chicken Cacciatore ½ c. Rice ½ c. Carrots 1 WG Roll w/ margarine ½ c. Peaches 1 Package of Powdered Milk
11	12	13	14	15
3 oz All Beef Hot Dogs on WG Bun ½ c. Roasted Potatoes ½ c. Vegetable Medley ½ c. Mixed Fruit 1 pkt Ketchup, Mustard 1 Package Powdered Milk	4 oz Tuna Salad on Kaiser Roll ½ c Tomato Salad ½ c Potato Salad 2 oz. Kaiser Roll ½ cup Peaches 1 Package of Powdered Milk	8 oz. Eggplant Parmesana (4oz Eggplant , 2 oz. mozzarella, 2 oz Marinara) ½ c. Marinara ½ c. Mixed Vegetables 2 oz Dinner Roll ½ c. Seasonal Fruit 1 Package Powdered Milk	Cobb Salad w/ 3oz diced chicken. 1 Boiled Egg ½ cup Chickpea salad (side) 1 Packet of Balsamic Dressing 2 oz. Dinner roll w/ margarine ½ cup Pears 1 Package of Powdered Milk	3 oz. Chicken Francese ½ c. Couscous ½ c. String Beans 2 oz. Challah Roll/margarine ½ c. Fresh Fruit 1 Package Powdered Milk
18	19	20	21	22
Spaghetti w/Meat Sauce ½ c. Marinara sauce ½ c. Green Beans 2 oz. Dinner roll w/ margarine ½ c. Seasonal Fruit Cup 1 Package Powdered Milk	¾ c. Chicken Salad ½ c. Pasta Salad w/Veggies ½ c. Cabbage & Carrot Salad 2 oz. WG Dinner Roll w/margarine ½ c. Peaches 1 Package Powdered Milk	6 oz Vegetable Lasagna w/ 2 oz cheese ½ c. Marinara Sauce ½ c. Vegetables 2 oz. Hoagie Roll/ Marg ½ cup Peaches 1 Package Powdered Milk	3 oz Grilled Chicken Wrap ½ c. Potato Salad ½ c. Three Bean Salad ½ c Pineapple 1 Package Powdered Milk	3 oz. BBQ Chicken ½ c. Potato Kugel ½ c. Carrots 2 oz. WG Roll w/ margarine. ½ c. Peaches 1 Package of Powdered Milk
25	26	27	28	29
Closed for Yom Kippur	Turkey Sandwich (3oz of Turkey on WG Baguette) 1 cup Lettuce & Tomato ½ cup Cole Slaw 1 Whole Apple Sliced 1 packet of Mayo & Mustard 1 Package of Powdered Milk	3 oz Herbed Baked Fish ½ c. Noodle Kugel ½ c. Squash Medley 2 oz. WG Roll /Margarine ½ c. Apple Sauce 1 Package of Powdered Milk	4 oz Egg salad ½ c tomato, cucumber, onion salad ½ c. carrot Raisin salad 2 SL. WG Bread w/ Margarine ½ c Fresh Seasonal Fruit 1 package of Powdered Milk	3 oz Chicken Stroganoff ½ c. WG Pasta ½ c. Roasted Vegetables 2 oz. WG Roll w/ Margarine. ½ c. Fruit 1 Package of Powdered Milk