

Smart Balance and Milk served with meals		EAST BOSTON NEIGHBORHOOD HEALTH CENTER	ESP LUNCH PROGRAM	SEPTEMBER 2010		
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Cook Out Winthrop 9//21 Cheeseburger Grilled Chicken Corn, Black Bean Salad Cole Slaw Water Melon Sherbet Punch		1 Stuffed Pepper Parsley Potato Green & Gold Beans Oatmeal Bread Oatmeal Cookie	2 Chicken Cutlet Lemon Caper Sauce Buttered Noodles Broccoli Butterscotch Pudding	3 Cheeseburger / Roll Condiments Lyonnaise Potato Beet / Onion Salad Straw Cr Pie	4 CHEF SPECIAL MENU	5 Manicotti Tomato Sauce Garden Peas Roll Sherbet
6 <i>Labor Day</i> Clam Chowder Grilled Chicken / Roll Peppers, Mushrooms, Onions Water Melon Winthrop, Lewis Mall	7 Cheesy Fish Patty Roll Tartar Sauce Baked Beans Chilled Fruit	8 Turkey Club Salad Dressing Dinner Roll Mini Éclair	9 Baked Pasta Tomato Sauce Broccoli, Cauliflower Bake Ciabatta Bread Chilled Fruit	10 Vegetable Barley Soup Ham & Cheese Wheat Bread Mustard Cake / Topping	11 CHEF SPECIAL MENU	12 Meat Lasagna Peas & Carrots Dinner Roll Carrot Cake / Cream Cheese Frosting
13 Chicken Bomb Sub (peppers, mushroom, onion) Seasoned Home Fries Roll Chilled Pineapple	14 Meatloaf / Gravy Whipped Potato Green Beans Wheat Bread Straw Ice Cream	15 Chicken Rice Soup Oven Grilled Monte Cristo (ham, turkey, cheese) Cookie	16 Pork Chop / Gravy Apple Sauce Sweet Potato Spinach Wheat Bread Butterscotch Pudding	17 Eggplant Parmesan Sandwich Chopped Salad Dressing Chilled Peaches	18 CHEF SPECIAL MENU	19 Roast Turkey / Gravy Cranberry Sauce Seasoned Carrots Whipped Potato Roll Sherbet Cup
20 Macaroni / Cheese Stewed Tomatoes Pumpernickel Bread Chilled Pears	21 BBQ Chicken Veggie Mix Rice Pilaf Wheat Bread Cookie Winthrop Cook Out	22 Penne Pasta / Meatballs Capri Vegetable Mix Garlic Bread Chilled Peaches	23 Pot Roast / Gravy Parsley Potato Carrot Coin Roll Oatmeal Apple Cookie	24 White Bean Soup Italian Sub Pickles / Onions / Tomato Vanilla Pudding	25 CHEF SPECIAL MENU	26 Baked Ham Fruit Sauce Scalloped Potato French Beans Roll Orange Cake
27 Chicken Marsala Rice Pilaf Spinach White Bread Orange Sherbet	28 Hearty Lentil Soup Crackers Roast Beef / Cheese Roll Chilled Fruit	29 Turkey / Gravy Stuffing Roasted Squash Grape Nut Custard	30 Cheese Ravioli Tomato Sauce Italian Green Beans Scali Bread Cookie	31 Clam Chowder Chicken Salad on Chopped Lettuce Dinner Roll Fresh Fruit	October 1 CHEF SPECIAL MENU	October 2 Chicken Cordon Bleu Gravy Dill Carrots Wheat Bread Ice Cream Cup

Menu changes may occur due to delivery mishaps or other non-controllable issues.

Alternative meals offered are: Macaroni & Cheese, Spaghetti & Meatballs, PB & J Sandwich, Protein Salad Sandwich, Soup