

# Walker at Westwood Ridge Dinner Menu for September 2010



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b><u>Healthy Choice Alternate</u></b> ♥<b>Herb Chicken</b> ♥<b>Beef Steak with Mushrooms</b></p>	<p><b><u>Alternates</u></b> **Roasted Pork **Meatballs in Tomato Sauce</p>	<p><b><u>Alternate Dessert</u></b> Sugar Free Vanilla Ice Cream Fruit Bowl</p>	<p><b>1</b> Cashew Chicken Rice Pilaf Oven Roasted Fresh Vegetables Strawberry Ice Cream</p>	<p><b>2</b> Meatloaf with Gravy Mashed Potatoes Fresh Cauliflower Blueberry Pie</p>	<p><b>3</b> Herb Salmon Filet Baked Potato Peas Cheese Cake</p>	<p><b>4</b> Pork Loin Mashed Potatoes &amp; Gravy Corn Tropical Fruit</p>
<p><b>5</b> Breakfast for Dinner Herb Breakfast Steak Scrambled Eggs Orange Wedges Cinnamon Streusel</p>	<p><b>6</b> Happy Labor Day! Dining Room Closed</p>	<p><b>7</b> Meatballs and Gravy Over Noodles Fresh Broccoli Bread Pudding</p>	<p><b>8</b> Chicken Drum Sticks Tator Tots Fresh Zucchini Sherbet</p>	<p><b>9</b> Oven Roasted Turkey Mashed Potatoes and Gravy Fresh Carrots Lemon Meringue Pie</p>	<p><b>10</b> Honey Glazed Ham Sweet Potatoes Green Beans Spumoni Ice Cream</p>	<p><b>11</b> Roast Beef with Gravy Mashed Potatoes Carrots Berry Crisp</p>
<p><b>12</b> Oriental Chicken Salad and Mandarin Orange Vinaigrette Apple Pie</p>	<p><b>13</b> Baby Back Ribs Roasted Potatoes Sauerkraut Strawberry Short Cake</p>	<p><b>14</b> Lemon Pepper Cod Baked Potato Green Beans Blueberry Pie</p>	<p><b>15</b> Roasted Pork with Pecan Apple Sauce Roasted Reds Fresh Yellow Squash Lemon Angel Food</p>	<p><b>16</b> Chicken A La King over Biscuit Fresh Broccoli Fruit Cake with Brandy Sauce</p>	<p><b>17</b> Steak Tips Diane Over Egg Noodles Corn Chocolate Ice Cream</p>	<p><b>18</b> Cranberry Glazed Ham Mashed Sweet Potatoes Peas and Carrots Spice Cake with Icing</p>
<p><b>19</b> Chicken Cordon Bleu Rice Pilaf Fresh Cauliflower Banana Cream Pie</p>	<p><b>20</b> Beef Brisket Cheesy Potatoes Sautéed Vegetables Vanilla Ice Cream Sundae</p>	<p><b>21</b> Chicken &amp; Pasta Salad Bread Stick Fruit Bowl Assorted Cakes</p>	<p><b>22</b> Spaghetti with Two Meat Sauce Fresh Zucchini Apple Crisp</p>	<p><b>23</b> Pork Loin with Gravy Fingerling Potatoes Fresh Broccoli Peach Pie</p>	<p><b>24</b> Tilapia Filet Baked Potato Mixed Vegetables Pudding Parfait</p>	<p><b>25</b> Roast Beef &amp; Creamy Horseradish Sauce Mashed Potatoes Corn Blueberry Trifle</p>
<p><b>26</b> Sweet and Sour Chicken White Rice Carrots Pineapple Sherbet</p>	<p><b>27</b> Glazed Ham Au Gratin Potatoes Baked Beans Cherry Jubilee</p>	<p><b>28</b> Salisbury Steak Mashed Potatoes Diced Beets Chocolate Berry Torte</p>	<p><b>29</b> Pork Chow Mein Vegetable Egg Roll Steamed Rice Brownie with Vanilla Ice Cream</p>	<p><b>30</b> Baked Chicken Roasted Potatoes Beets Yellow Cake with Icing</p>		