



September 2026 Lunch Menu

Café Hours: M-F 6:30-AM – 3:00 PM

Serving Hot Breakfast 6:30AM to 10:00 AM / Serving Hot Lunch: 11:00 AM to 1:30 PM
 Vegetarian options highlighted in Green Gluten Friendly options indicated with an Asterix

	1th Pulled BBQ Pork Sandwich Coleslaw* Super Salad* Baked Beans Creamy Tortellini w/ Broccoli & Roasted Red Peppers (V) Chicken Curry	2th Creamy Tuscan Shrimp or Chicken Caesar Salad* Buttered Noodles Mushroom Stroganoff (V) Vegetarian Chili (V)	3th Italian Beef* Sandwich Macaroni Salad Roasted Cauliflower* Assorted Chips Tomato Basil Soup	4th Smothered Pork Chop Skillet Cabbage* Mashed potatoes w/ gravy Shells Florentine California Medley Soup
7th Please Enjoy room service 	8th Potato Bar* with Assorted Toppings Broccoli* Cheese* Bacon* Ham * Chili Cheeseburger Soup	9th Chicken and noodles Green Beans* Mashed Potatoes* Potato Soup	10th Herb Grilled Cod* Green Beans Almondine* Baby Bakers* Smokey Poblano	11th Chicken Pot Pie Casserole Roasted Carrots* Fruit Medley* Grilled Veggie Bake Italian Wedding Soup
14th Orange Chicken Broccoli* White Rice* Veggie Egg Rolls French Onion*	15th KMC Bowls Mashed potatoes*, breaded chicken, corn*, cheese Apple and Kale Salad* Pasta Faggioli	16th Beef or Vegetable Lasagna Garden Salad* Garlic Bread Spinach Gnocchi Soup	17th Chicken with Herbed Mushroom Sauce Roasted Broccoli* Mashed Potatoes* Broccoli Cheddar Soup	18th Orange glazed Salmon* Asparagus* Rice Pilaf * Vegetable Beef Soup
21st Stuffed Chicken Breast* Roasted Vegetable Medley* Roasted Potato Medley* Ravioli with Marinara Smokey Poblano Soup	22nd Spaghetti with meat sauce Garden Salad* Broccoli* Garlic Bread Spaghetti w/ Marinara Cream of Asparagus*	23rd Rustic Salmon* Roasted Brussels Sprouts with Balsamic and Bacon* Garlic Mashed Potatoes* Tomato Basil Soup (V)	24th Caribbean Jerk Chicken Breast* Green Beans * Grilled Pineapple* Cilantro Lime Rice* Spicy Thai Soup	25th Pizza Day – BBQ Chicken, All Meat, Supreme, Cheese Apple and Kale Salad* Boscoe Stick w. Marinara* Chicken and Gnocchi Soup
28th Honey Lime Chicken Breast* Cilantro Lime Rice* Chopped Quinoa Peanut salad* Mushroom Brie Bisque	29th Meatloaf Peas* Mashed Potatoes with Gravy* Smokey Poblano Soup	30th Pecan Crusted Pork Loin* Roasted Parmesan Cauliflower* Roasted Sweet Potatoes* Cooked Cinnamon Apples* Beef and Barley Soup	At least 4 out of 5 lunch meals we serve during the week follow the plate method, which encourages a balanced plate: half filled with non-starchy vegetables, one-quarter with lean protein, and one-quarter with healthy carbohydrate. The Apple a Day café only uses lean cooking techniques such as baking, broiling, boiling, grilling, roasting, and air frying to prepare our meals. Menu approved by RD.	