

September 2021 MENU – Nubian Square

Monday	Tuesday	Wednesday	Thursday	Friday
		1 T BBQ pork ribs Mashed potatoes Vegetable medley Garden salad w/ Italian Corn bread fruit	2 C Caribbean beef w/ peppers and onions Brown rice California blend vegetables Caesar salad Wheat roll Peach crisp	3 T Southern Crispy chicken sandwich w/ pickles on whole wheat bun Sweet potato wedges Green beans Spinach salad w/ honey mustard fruit
6 LABOR DAY	7 C Pork and black bean stew Yellow rice Green beans w/ peppers Caprese salad w/ balsamic Wheat roll Chocolate pudding	8 T Beef chili w/ shredded cheese Whole grain biscuit Broccoli Garden salad w/ ranch fruit	9 T Baked chicken drumsticks Macaroni & cheese Kale & peppers Greek salad Cornbread Oatmeal cookie	10 Cold Tuna salad sandwich w/ lettuce and tomato Garden salad w/ Italian Beet salad fruit
13 C Arroz con camarones (shrimp) White rice Broccoli Caesar salad Wheat roll Vanilla pudding	14 C Caribbean jerk pork Plantains California blend vegetables Spinach salad w/ honey mustard Wheat roll fruit	15 C Pescado con coco Yellow rice Vegetable medley Garden salad w/ French Cornbread fruit	16 C Brazilian chicken Yucca Green beans w/ peppers Caesar salad Wheat roll Apple crisp	17 Cold Egg salad sandwich w/ lettuce and tomato Curried chickpeas Asian salad w/ wontons and mandarin oranges fruit
20 T Broccoli & cheese stuffed chicken Brown rice California blend vegetables Garden salad w/ Italian Chocolate pudding	21 C Pork linguica w/ onions Brown rice and pigeon peas Broccoli Caprese salad w/ balsamic Cornbread fruit	22 Cold Greek salad w/ chicken, olives, and feta Whole grain pita bread Spinach salad w/ honey mustard Cucumber and tomato salad fruit	23 C Braised beef Plantains Green beans w/ peppers Caesar salad Cornbread fruit	24 C Creole shrimp and pork Mashed potatoes Garden salad w/ ranch Pumpkin bread
27 C Turkey kielbasa jambalaya Rice and beans Broccoli Greek salad Wheat roll Vanilla pudding	28 T Powerhouse turkey chili Cornbread Vegetable medley Spinach salad w/ honey mustard fruit	29 T Cod in sundried tomato sauce Wild rice Green beans w/ peppers Caesar salad Wheat roll brownie	30 Cold Turkey and Provolone sandwich with lettuce and tomato on wheat bun Black eyed pea salad Capreses salad w/ balsamic fruit	

Subject to change