

SEPTEMBER | 2023



PRC Dinner

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
27	28	29	30	31	1 Chicken fajita stir fry with rice Assorted veggies	2 Chicken carbonara Assorted veggies Garlic bread
3 Country biscuit pot pie Assorted veggies	4 Pork ratatouille Garlic bread	5 Salisbury steak Scalloped potatoes Assorted veggies	6 Kale pesto pasta with ground turkey Assorted veggies Fruit	7 Pumpkin chili Assorted veggies Cornbread	8 Chicken and cheese enchiladas Spanish rice Assorted veggies	9 Italian stuffed peppers Assorted veggies Herbed rice
10 Beef goulash Assorted veggies Dinner roll	11 Chicken pozole with brown rice Assorted veggies	12 Oven baked chicken Roasted potato Assorted veggies	13 Taco pie Assorted veggies	14 Beef shepherd's pie Assorted veggies	15 Chicken fajita stir fry with rice Assorted veggies	16 Chicken carbonara Assorted veggies Garlic bread
17 Country biscuit pot pie Assorted veggies	18 Pork ratatouille Garlic bread	19 Salisbury steak Scalloped potatoes Assorted veggies	20 Kale pesto pasta with ground turkey Assorted veggies Fruit	21 Pumpkin chili Assorted veggies Cornbread	22 Chicken and cheese enchiladas Spanish rice Assorted veggies	23 Italian stuffed peppers Assorted veggies Herbed rice
24 Beef goulash Assorted veggies Dinner roll	25 Chicken pozole with brown rice Assorted veggies	26 Oven baked chicken Roasted potato Assorted veggies	27 Taco pie Assorted veggies	28 Beef shepherd's pie Assorted veggies	29 Chicken fajita stir fry with rice Assorted veggies	30 Chicken carbonara Assorted veggies Garlic bread