

# Lafayette Central Kitchen | Cajun AAA | September 2022

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
 <p><b>TRIO</b> Community Meals an elior company</p>		<p>Each Meal is Served with 1/2 Pint of 2% Milk</p>		<p>1 <b>Meatloaf</b> <b>Brown Gravy</b> Brussels Sprouts Whipped Potatoes Wheat Bread/Margarine Gelatin (691 Kcal)</p>		<p>2 <b>BBQ Bone-in Chicken</b> Baked Beans Chuckwagon Corn Wheat Bread Cantaloupe <b>Labor Day Special</b> (884 Kcal)</p>			
<p>5 <b>Closed</b></p>		<p>6 <b>Hamburger</b> Baked Beans Chuckwagon Corn Hamburger Bun Mandarin Oranges Mustard/Ketchup (781 Kcal)</p>		<p>7 <b>Chicken &amp; Sausage</b> <b>Gumbo with Rice</b> Okra &amp; Tomatoes Potato Salad Wheat Bread Cranberry Juice (818 Kcal)</p>		<p>8 <b>Ham &amp; Pinto Beans</b> Rice Spinach Orange Juice Cornbread Fruit &amp; Grain Bar (968 Kcal)</p>		<p>9 <b>Smothered Chicken</b> <b>(Bone-in)</b> Chantilly Potatoes Black-eyed Peas Wheat Bread Pineapple Pudding (991 Kcal)</p>	
<p>12 <b>Meatballs with</b> <b>Marinara Sauce</b> Cabbage Peas &amp; Carrots Hoagie Bun Fresh Orange (691 Kcal)</p>		<p>13 <b>Baked Ham</b> <b>Pineapple Sauce</b> Whipped Sweet Potatoes Capri Vegetables Wheat Bread Fig Bar (702 Kcal)</p>		<p>14 <b>Sausage &amp; White Beans</b> Rice Mixed Greens Pickled Beets Cornbread Cranberry Juice (1003 Kcal)</p>		<p>15 <b>Taco w/Cheese</b> Pinto Beans Chuckwagon Corn Flour Tortilla Cantaloupe Taco Sauce (767 Kcal)</p>		<p>16 <b>Turkey &amp; Sausage</b> <b>Jambalaya</b> Green Beans/Red Peppers Carrots Wheat Bread Birthday Cake (768 Kcal)</p>	
<p>19 <b>Breakfast Sausage</b> Grits Fiesta Potatoes Cranberry Juice Biscuit Fruit &amp; Grain Bar (862 Kcal)</p>		<p>20 <b>Ham &amp; Lima Beans</b> Rice Spinach Tossed Salad/Dressing Cornbread Orange Juice (843 Kcal)</p>		<p>21 <b>Swiss Beef Steak</b> Cabbage Glazed Carrots Wheat Bread LD Oatmeal Creme Cookie (717 Kcal)</p>		<p>22 <b>Turkey Fettuccine</b> Green Beans/Red Peppers Buttered Corn Wheat Bread Pumpkin Bar (846 Kcal)</p>		<p>23 <b>Swedish Meatballs</b> Whipped Potatoes Mixed Vegetables Wheat Bread Apple Cobbler (775 Kcal)</p>	
<p>26 <b>Chili w/Beans</b> Rice California Vegetables Cranberry Juice Saltine Crackers Applesauce (771 Kcal)</p>		<p>27 <b>Turkey Salad</b> Corn Green Beans Wheat Bread (2slc) Pineapple Cobbler (752 Kcal)</p>		<p>28 <b>Red Beans &amp; Sausage</b> Rice Orange Juice Spinach Cornbread Fresh Banana (974 Kcal)</p>		<p>29 <b>Meatloaf</b> <b>Brown Gravy</b> Brussels Sprouts Whipped Potatoes Wheat Bread/Margarine Gelatin (691 Kcal)</p>		<p>30 <b>Oriental Shoyu</b> <b>Chicken</b> Asian Vegetables Peas &amp; Carrots Wheat Bread Mixed Fruit (688 Kcal)</p>	