



Arbor Farms Kitchen

September Entrees & Salads

Rotating Seasonal Favorites

		1-Sep	2-Sep	3-Sep	4-Sep	5-Sep
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		Turkey Gruyere Burgers	Rigatoni with Meat Sauce	Fish Cakes	Ginger Lime Thighs	Tuscan Stuffed Peppers
		Asparagus Bread Pudding	Veggie Loaf	Baked Penne with Cauliflower	Spinach Roasted Red Pepper Gratin	Black Bean Burges
		Ethiopian Cauliflower	Spiced Whipped Sweet Potatoes	Grilled Salmon Salad	Sweet & Spicy Couscous Salad	Scalloped Potatoes
6-Sep	7-Sep	8-Sep	9-Sep	10-Sep	11-Sep	12-Sep
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Dijon & Ginger Glazed Salmon	Chicken Pot Pie	Turkey Gruyere Burgers	Marios Meatloaf	Fish Cakes	Smokey Bacon Mac n Cheese	Chorizo, Corn & Potato Frittata
Vegetable Lasagana	Portobello Parmesan	Vegetarian Breakfast Burritos	Veggie Loaf	Zucchini Fritters	Shiitake and Corn Frittata	Curried Coconut Stuffed Peppers
Wheatberry Spring Salad	Waldorf Salad	Buffalo Chicken Salad	Three Bean Salad	Roasted Herb Potatoes	Bean & Farro Salad	Rstd Cauliflower with Garlic
13-Sep	14-Sep	15-Sep	16-Sep	17-Sep	18-Sep	19-Sep
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Grilled Blackened Chicken	Chicken Pot Pie	Turkey Gruyere Burgers	Rigatoni with Meat Sauce	Fish Cakes	Ginger Lime Thighs	Tuscan Stuffed Peppers
Vegetable Lasagna	Twice Baked Sweet Potatoes	Asparagus Bread Pudding	Veggie Loaf	Baked Penne with Cauliflower	Spinach Roasted Red Pepper Gratin	Black Bean Burgers
Curried Veggies w/ Lemon Yogurt	Carrot Raisin Salad	Ethiopian Cauliflower	Spiced Whipped Sweet Potatoes	Grilled Salmon Salad	Sweet & Spicy Couscous Salad	Scalloped Potatoes
20-Sep	21-Sep	22-Sep	23-Sep	24-Sep	25-Sep	26-Sep
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Dijon & Ginger Glazed Salmon	Chicken Pot Pie	Turkey Gruyere Burgers	Marios Meatloaf	Fish Cakes	Smokey Bacon Mac n Cheese	Chorizo, Corn & Potato Frittata
Vegetable Lasagna	Portobello Parmesan	Vegetarian Breakfast Burritos	Veggie Loaf	Zucchini Fritters	Shiitake and Corn Frittata	Curried Coconut Stuffed Peppers
Wheatberry Spring Salad	Waldorf Salad	Buffalo Chicken Salad	Three Bean Salad	Roasted Herb Potatoes	Bean & Farro Salad	Rstd Cauliflower with Garlic
27-Sep	28-Sep	29-Sep	30-Sep			
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Blackened Chicken	Chicken Pot Pie	Turkey Gruyere Burgers	Rigatoni with Meat Sauce			
Vegetable Lasagna	Twice Baked Sweet Potatoes	Asparagus Bread Pudding	Veggie Loaf			
Curried Veggies w/ Lemon Yogurt	Carrot Raisin Salad	Ethiopian Cauliflower	Spiced Whipped Sweet Potatoes			