


September 2018

Cobb HDM

Monday	Tuesday	Wednesday	Thursday	Friday
September 3 	September 4 Beef Fajitas W/ Peppers & Onions Black Beans Mexican rice Flour Tortilla Fruit Cup	September 5 Southwestern Chili Steamed Rice Sugar Snap Peas WW Roll Sherbet	September 6 Tuna Salad Pasta Salad Carrot Raisin Salad Croissant Rice Krispy Treat	September 7 Beef Burger Tater Tots Baked Beans WW Bun Fruit Cup
September 10 Oven Fried Catfish Black Eyed Peas Collard Greens Corn Muffin Peaches	September 11 Chicken Mushroom Marsala Wild Rice Asparagus WW Roll Strawberry Apple Sauce	September 12 Pasta w/Turkey Meatballs Broccoli Yellow Squash Bread Stick Pudding	September 13 Spinach Salad Grilled Chicken Strips Cous Cous Salad Carrot Salad Pita Bread Lemon Sorbet	September 14 Southern Chicken Breast Mac N Cheese Green Beans WW Roll Chocolate Chip Cookie
September 17 Pecan Crusted Tilapia Roasted Brussel Sprouts Mixed Veg WW Roll Lemon Cookie	September 18 Sesame Chicken Vegetable Spring Roll Brown Rice Asian Mixed Veg Jell-O	September 19 Turkey Burger Corn Sweet Potato Wedges Wheat Bun Apple Sauce	September 20 Chicken Salad Potato Salad Power Blend Slaw Corn Bread Pudding	September 21 Salisbury Steak Scalloped Potatoes Vegetable Medley WW Roll Cookie

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September 24 Chicken Pasta Primavera Alfredo Green Bean Carrots Garlic Bread Mixed Fruit	September 25 Roast Chicken W/ Pesto Cr Orzo Pilaf Green Beans WW Roll Italian Ice	September 26 Lemon Pepper Tilapia w Hush Puppies Broccoli Stewed Tomatoes Peaches	September 27 Garden Salad W/ Southern Chicken Breast Pasta Salad Cole slaw Cornbread Muffin Apple Slices	September 28 Lemon Pepper Chicken Wings Pretzel Bites W/ Beer Cheese Ranch Potato Wedges Lemon Bar
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Meal Reheating Instructions

Microwave Oven: (power level on HIGH)

1. Poke holes in film cover with a fork
2. Heat for 4 - 5 minutes
3. Turn dinner
4. Heat for another 4 - 5 minutes
5. Remove film cover & stir

Conventional Oven:

1. Preheat oven to 350 degrees
2. Place dinner on middle rack in oven on cookie sheet
3. Heat for 15-20 minutes
4. Remove film cover and stir
5. Heat longer if needed
6. Remove film cover and stir