

# Wednesday Night Dinner Menu

(Bread and Desserts are included each week)

DATE	ADULTS	F.E.A.S.T. KIDS (Peanut butter & jelly sandwiches, baby carrots, and Ranch dressing available each week)
09.16.09	Spaghetti casserole, French bread, Tossed salad with vegetables	Meatballs with pasta & marinara sauce, French bread, Tossed Salad (on side)
09.23.09	Chicken with artichokes, Infused rice, steamed broccoli	Baked fish sticks, Mac & cheese, Applesauce
09.30.09	Cajun style tilapia, Rice with vegetables, Steamed spinach with lemon, Salad with vegetables	Chicken tenders, Tater Tots, Fruit cocktail
10.07.09	Pork tenderloin, Sweet potato soufflé, Green bean almandine, Salad with vegetables	Grilled hamburgers with Cheese, lettuce, tomatoes, Tater Tots
10.14.09	Chicken Alfredo with fettuccini and broccoli, Fruit cups	Chicken Alfredo with fettuccini and broccoli, Fruit cocktail
10.21.09	Baked ham, Mac & cheese, vegetable medley	Ham, Mac & cheese, Applesauce
10.28.09	Barbeque, beans, coleslaw	Trunk 'N Treat
11.04.09	Chicken Parmesan, steamed broccoli, rice & gravy	Chicken tenders, rice & gravy, corn
11.11.09	Cajun style tilapia, rice with vegetables, steamed spinach with lemon, salad with vegetables	Meatballs with pasta & marinara sauce, salad
11.18.09	Country fried steak, red-skin mashed potatoes, Italian green bean	Pizza and salad