


September 2022

4th Street Diner

Linda Lough- (319) 472-4761

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Baked Ham Parslied Potatoes Green Beans Pineapple Cake Bread/Milk	3 Stuffed Chicken Breast Party Potatoes Carrots Fresh Fruit Cookie Bread/Milk	4 Crispy Pollack Oven Brownd Potatoes Broccoli Pears Lemon Fluff Bread/Milk	5 Beef & Noodle Casserole Peas Mixed Fruit Fruit Crisp Bread/Milk	6 BBQ Pulled Pork Bun Baked Beans Corn Applesauce Fruited Jello Milk	7 Spaghetti w/Meat Sauce Garlic Bread Coleslaw Fresh Fruit Dessert Bar Milk
9 Chicken Strips Mashed Potatoes/Gravy Corn Pears Cake Bread/Milk	10 Ham & Beans Cornbread Carrots Peaches Vanilla Pudding Milk	11 Salisbury Steak Mashed Potatoes/Gravy Green Beans Mixed Fruit Cookie Bread/Milk	12 Chicken Cordon Bleu Casserole Buttered Noodles Beets Fresh Fruit Pie Bread/Milk	13 Meatloaf Mashed Potatoes/Gravy Peas Pears Bread Pudding Bread/Milk	14 Polish Sausage Bun Macaroni & Cheese Sauerkraut Applesauce Dessert Bar Milk
16 Roast Pork Mashed Potatoes/Gravy Spinach Peaches Cake Bread/Milk	17 Maidrite Bun Tri-Tator Broccoli Peas Cookie Milk	18 Scalloped Ham & Potatoes Carrots Fresh Fruit Fruit Crisp Bread/Milk	19 Marinated Chicken Breast Parslied Potatoes Beets Mixed Fruit Vanilla Pudding Bread/Milk	20 Mushroom Pork Chop Mashed Potatoes/Gravy Cooked Cabbage Peaches Dessert Bar Bread/Milk	21 Glazed Ham Balls Sweet Potatoes Cauliflower Applesauce Lime Delight Bread/Milk
23 Roast Turkey Mashed Potatoes/Gravy Carrots Mixed Fruit Cake Bread/Milk	24 Swedish Meatballs Parslied Potatoes Green Beans Peaches Chocolate Pudding Bread/Milk	25 Chicken A La King Biscuit Beets Pears Fruit Crisp Milk	26 Beef Stew Cornbread Brussel Sprouts Apricots Rice Pudding Milk	27 Crispy Chicken Patty Bun Tri Tator Corn Mandarin Oranges Fruited Jello Milk	28 Lasagna Garlic bread Coleslaw Fresh Fruit Dessert Bar Milk
30 Swiss Steak Baked Potato Half Green Beans Peaches Cake Bread/Milk	31 Lemon Pepper Tilapia Seasoned Rice Carrots Pineapple Cookie Bread/Milk <i>Happy Halloween</i>	 <p>To sign up to receive an early copy of the menu please send an email to lough@hacap.org and write "Menu Request" in the Subject Line.</p>			

All menu items are subject to change if it reduces food costs.