

Sunflower Terrace Lunch Menu

September 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
*Menu is subject to change due to availability	1 Frito Pie Mixed Veggies Pears Blueberry Cake	2 Chicken Alfredo Broccoli Buttered noodles Lemon Bundt Cake	3 Oriental Chicken And Vegetables w/Rice & Asparagus Egg Roll & cookie	4 Chicken Enchilada Refried Beans Salad Churro	5 Coconut Shrimp Cole Slaw Hush Puppies Apples Crisp	6 BBQ Chicken Baked Potato Corn/Roll Sherbet
7 Pot Roast Mashed Potatoes w/gravy Green beans/Roll Cherry Pie	8 Goulash Peas Fruit Cookie	9 Bacon/Ranch Chicken Rice Pilaf Roasted Cauliflower Pudding	10 Shepard's Pie Mixed Veggies Roll Cherry Fluff	11 Breaded Chicken Breast Glazed Carrots Buttered Noodles Fruit Lemon Bars	12 Salisbury Steak Roasted Potato Corn Blueberry Crisp	13 Spaghetti and Meat Sauce Breadstick Squash Sheet cake
14 Fried Chicken Mashed potatoes w/gravy Broccoli/ Crescent Roll & Pecan Pie	15 Boneless BBQ Wings w/ Cheesy Potatoes, Celery Sticks & Deviled eggs Sliced Peaches	16 Cheeseburger Mac w/biscuit Sauteed Spinach Strawberry Shortcake	17 Ham Balls Roasted Potatoes Mixed veggies Fruit	18 Smothered Pork Chops Scalloped Potatoes Green Beans Cake	19 Pulled Pork Nachos Cranberry Jello Salad Baked Apple Slices w/ cinnamon	20 Chicken Strips French Fries Peas Fruit Cobbler
21 Baked Ham Mac & Cheese Carrots/Roll Apple Pie	22 Ravioli w/ Alfredo Sauce Salad/Breadstick Pears	23 Bruschetta Chicken Garlic Mashed Potato Roasted Cauliflower Fruit cocktail	24 Braised Beef Tips and gravy Rice/Peas Apricots	25 Chicken/Noodles Over Mashed Potatoes Green Beans Fruit Cobbler	26 Chicken Parmesan Mixed veggies Garlic Bread Cherry cheesecake	27 Lemon Pepper Tilapia Coleslaw Baked Potato w/sour cream/butter Cookie
28 Roast Turkey w/gravy Twice Baked Potato Broccoli Lemon Meringue Pie	29 Chicken Stir-Fry Fried Rice/Egg Roll Oriental Veggies Mandarin Oranges	30 Chicken Cordon Bleu Pasta w/ Buttered Noodles Green Beans Breadstick/Brownie	10/1 Open Face Hot Roast Beef Sandwich Grilled Potatoes Carrots/Pecan Pie	10/2 Beef Stroganoff Egg Noodles Mixed Veggies/Roll Applesauce	10/3 Pork Chops Au Gratin Potatoes Fried Cabbage Tapioca Pudding	10/4 Beef Nachos w/ Lettuce & tomato Rice/Refried Beans Fresh Fruit

Sunflower Terrace Supper Menu

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*Menu is subject to change due to availability	1 Chicken Fried Steak Mashed potato w/ gravy & green beans Brownie	2 Club Sandwich Pickle Spear Cucumber/Onion Salad Peach slices	3 Roast Beef Sandwich Roasted Cauliflower Potato Wedge Oreo Cookies	4 Beef Au Jus Sandwich Potato Chips Broccoli/Cauliflower dessert	5 Chicken Salad Sandwich Macaroni Salad Carrtos/Celery Sticks Monster Cookies	6 Polish Sausage w/bun Chips/Mixed Veggies Fruit
7 Grilled Turkey Sandwich Sweet Potato Fries Cottage Cheese Fruit	8 Hamburger/Cheese Onion rings/Fries Lettuce/Tomato slices Peaches	9 BBQ Meatballs Chips Mandarin Oranges Jello w/whipped cream	10 White Chili Carrots/Celery Sticks Cornbread Sherbet	11 Steak Salad w/tomato and fried onions Garlic bread Jello Salad/Ice cream	12 Italian Sub Sandwich Chips/pickle spear Pickled Beets Snickerdoodle Cookie	13 Chicken Noodle Soup Carrots/Celery Sticks Biscuit w/jelly Fruit
14 Taco Salad Refried Beans Peaches Ice Cream	15 Chicken Fried Steak Mashed Potatoes w/gravy & green beans Chocolate Pudding	16 Grilled Ham & Cheese Sandwich Chips/Corn Pickled Beets Oatmeal Cookie	17 Beer Battered Fish w/pub chips Broccoli/ Cauliflower salad Cookie	18 Ham Salad Sandwich Carrot Sticks Potato Chips Apricot s	19 Chef Salad Garlic bread Fruit Banana cream pie	20 Pizza slice Salad Ice cream sandwich
21 Chicken & Dumpling Soup Texas Toast Pea Salad Peaches and cream	22 Hamburger/Cheese Onion rings/Fries Lettuce/Tomato slices Sherbet	23 Pork Tenderloin Sandwich w/lettuce & tomato Chips Ice cream	24 Chicken Burrito Salad Pinto Beans Churros	25 Reuben Sandwich Potato Salad Sliced Cucumbers Ice Cream bar	26 Philly Steak Sandwich Baked beans Carrots/Celery sticks Fruit Shortcake	27 Ham/Swiss Sandwich Veggie Soup Fruit Assorted bars
28 Pancake Sausage Patty Hash browns Fruit	29 Chicken Fried Steak Mashed Potatoes w/gravy & asparagus Carrot Cake	30 Grilled Shrimp Rice Pilaf Corn Fruit	10/1 Hot Dog on a Bun Tater Tots Corn Pears	10/2 Broccoli & Cheddar Soup Egg Salad Sandwich Pickled Beets No bake cookies	10/3 Cajun- Chicken Sandwich Roasted Potatoes Peas French Silk Pie	10/4 Veggie Beef Soup Grilled Cheese- Sandwich Cookie