



# Lunch menu

## September 2022

Monday	Tuesday	Wednesday	Thursday	Friday
			Tuna salad on lettuce and tomato Pasta salad Cole slaw Crackers Yogurt Beverage	Beef stroganoff with noodles Sliced carrots Green beans Diced peaches Beverage
Chicken tetrazzini Sautéed yellow squash and onions Green beans Pound cake Beverage	Salisbury Steak English peas Pickled beets Rice Cookie Beverage	Chicken pot pie Steamed broccoli Squash medley Orange Beverage	Baked chicken with gravy Cabbage Red beans and rice Pineapple tidbits Beverage	Meatloaf with gravy Mashed potatoes Cabbage Fresh fruit Beverage
Stir-fry chicken with peppers Broccoli Steamed rice Peach cobbler Beverage	Lemon baked fish Stewed tomatoes Grits Cole slaw Baked apples Beverage	Spaghetti w/meat sauce Sliced carrots Green beans Garlic bread Fresh fruit Beverage	Barbeque chicken English peas Yellow squash Whole wheat roll Fresh fruit Beverage	Smoked sausage with peppers and onions Black-eyed peas Cabbage Yellow rice Oatmeal cream cookie Beverage
Chipped barbeque chicken sandwich Potato wedges Cole slaw Spiced apples Beverage	Chicken and dumplings Green beans Sliced carrots Carrot cake Beverage	Pot roast with carrots and potatoes English peas Okra and Tomatoes Whole wheat roll Gelatin with fruit Beverage	Turkey and cheese sandwich Pasta salad Three-bean salad Mayo and mustard Fresh fruit Beverage	Creole baked fish Cabbage Spanish red rice Peach cobbler Beverage
Cube steak Lima beans Broccoli Corn muffin Fruit cup Beverage	Baked chicken with mushroom gravy Turnip greens Green beans Rice pilaf Applesauce Beverage	Cheeseburger Potato wedges Lettuce/tomato/onions Mustard/mayo Pear cobbler Beverage	Tuna salad on lettuce and tomato Pasta salad Cole slaw Crackers Yogurt Beverage	Beef stroganoff with noodles Sliced carrots Green beans Diced peaches Beverage

\*Menu subject to market availability

(843) 802-0919 | [www.lowcountrymow.org](http://www.lowcountrymow.org)