

SEPTEMBER 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		Lunch: Grilled Cheese Sand & Fruit Supper: Roast Beef & Vegetables, Cream Corn	1 Lunch: Tomato Soup & Cheese Supper: Hamburgers, Perogies, Mixed Vegetables	2 Lunch: Macaroni & Cheese & cut up vegetables Supper: Pepper Steak, Potatoes, Corn	3 Lunch: Peanut butter & Jam Sandwiches & fruit Supper: Tuna Casserole, Rice & Mixed Vegetables	4 Lunch: Leftovers Supper: BBQ Pork Chops with BBQ Vegetables (Corn on the cob & Potatoes)
5 Lunch: Sandwiches & Vegetables Supper: Scrambled Eggs, Sausage & Bacon	6 Lunch: Noodle Soup & Fruit Supper: BBQ Chicken Breast, potatoes & veggies	7 Lunch: Macaroni & Cheese & Vegetables Supper: Porcupines, Potatoes, Peas & Carrots	8 Lunch: Leftovers Supper: Beef & Mushroom Skillet, Noodles & Salad	9 Lunch: Grilled Cheese Sand & Fruit Supper: Sloppy Joes, French Fries, Cut up Vegetables	10 Lunch: Peanut Butter & Jam San & Fuit Supper: Salmon Loaf, Rice, Corn	11 Lunch: Macaroni & Cheese & cut up vegetables Supper: Hamburgers, potatoes & carrots
12 Lunch: Tomato Soup & Cheese Supper: Tacos	13 Lunch: Noodle Soup & Cheese Buns Supper: Chicken & Rice, Peas & Carrots	14 Lunch: Leftovers Supper: Baked Spagetti	15 Lunch: Grilled Cheese Sand. & Fruit Supper: BBQ Steak	16 Lunch: Macaroni & Cheese & Vegetables Supper: Sweet & Tangy Pork Chops, Rice & Mixed Vegetables	17 Lunch: Peanut butter & Jam Sand & fruit Supper: Leftovers	18 Lunch: Scrambled Eggs & Fruit Supper: Beef Stew
19 Lunch: Leftovers Supper: Mexican Rice Dinner	20 Lunch: Sandwiches & Vegetables Supper: Shepherds Pie	21 Lunch: Tomato Soup & Cheese Buns Supper: Easy Lasagne	22 Lunch: Grilled Cheese & Vegetables Supper: Chicken & Broccoli Divan	23 Lunch: Macaroni & Cheese & Fruit Supper: Meatloaf, Perogies & Cream Corn or Leftovers	24 Lunch: Leftovers Supper: BBQ Pork Chops, potatoes & vegetables.	25 Lunch: Sandwiches & vegetables Supper: Hamburgers, potatoes & peas
26 Lunch: Noodle Soup & Cheese buns Supper: BBQ Chicken Breast	27 Lunch: Macaroni & Cheese & Vegetables Supper: Cowboy Chicken, Potatoes, Corn	28 Lunch: Grilled Cheese Sand & Fruit Supper: Porcupines, Potatoes, Peas	29 Lunch: Sandwiches Supper: Sloppy Joes, French Fries & Vegetables	30 Lunch: Peanut butter & Jam & Vegetables Supper: Hashbrown Pizza		

September is still usually BBQ weather, I usually take advantage of BBQ weather when I can. Also in September most of our garden is either harvested or we are still harvesting from it, which is why I use potatoes so frequently during the summer & fall months.