

THE BELLAIRE SENIOR LIVING

Month: **September, 2026**

DINNER 12:00 – 1:00

SUBSTITUTIONS: #1: Hamburger on Bun #2: Dinner Salad #3: Egg Salad Sand. #4: Macaroni & Cheese #5: Baked Chicken

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 Beef Lasagna Garlic Knots Green Beans Mandarin Oranges	2 Chicken Cacciatore over Rice Broccoli Pears	3 BBQ Chicken Au Gratin Potatoes Mixed Veggies Ambrosia Salad	4 Cabbage Rolls Mashed Potatoes Corn Peaches	5 <i>Nat'l Cheese Pizza Day</i> Bratwurst with Onions & Peppers Fried Potatoes Baked Beans Pineapple Chunks
SUB #	SUB #	SUB #	SUB #	SUB #	SUB #	SUB #
6 Pot Roast Boiled Red Skin Potatoes Carrots Fruit Pie	7 <i>Labor Day</i> Parmesan Baked Pork Chops Sweet Potatoes Cauliflower Applesauce	8 Hot Turkey Sandwich Mashed Potatoes & Gravy Green Beans Pears	9 Swiss Steak Roasted Potatoes Broccoli Grapes	10 Crispy Cheddar Chicken Rice Pilaf Peas Orange Wedges	11 <i>Patriot Day</i> Baked Ham w/Pineapple Potato Salad Baked Beans Tropical Fruit	12 Swedish Meatballs over Egg Noodles Peas Fruit Cocktail
SUB #	SUB #	SUB #	SUB #	SUB #	SUB #	SUB #
13 <i>Grandparents Day</i> Fried Chicken Mashed Potatoes & Gravy Corn on the Cob Cream Pie	14 Country Fried Steak Mashed Potatoes Beets Peaches	15 Sweet & Sour Meatballs Rice Key West Veggies Mandarin Oranges	16 Chicken Pot Pie Side Salad Pears	17 Pork Roast With Applesauce Roasted Red Skin Potatoes Buttered Peas Grapes	18 <i>Nat'l Cheeseburger Day</i> Lemon Pepper Tilapia or Hot Dog Scalloped Potatoes Key West Veggies Fruit Cocktail	19 Parmesan, Garlic, Mushroom Chicken Rice Pilaf Broccoli Applesauce
SUB #	SUB #	SUB #	SUB #	SUB #	SUB #	SUB #
20 <i>Nat'l Pepperoni Pizza Day</i> Cheese Ravioli w/Meat Sauce Garlic Bread California Blend Veggies Fruit Pie	21 Steak Burgers w/Sauteed Onions & Mushrooms Mashed Potatoes Corn Fruit Cocktail	22 Chicken Kiev Baked Potato Beets Pineapple	23 <i>Start of Fall</i> Pepper Steak over Rice Broccoli Strawberries	24 Corned Beef & Cabbage Boiled Potatoes Carrots Cottage Cheese & Peaches	25 Roast Beef w/Gravy Mashed Potatoes & Gravy California Blend Veggies Pear Slices	26 <i>Nat'l Pancake Day</i> Glazed Ham Sweet Potatoes Green Beans Mandarin Oranges
SUB #	SUB #	SUB #	SUB #	SUB #	SUB #	SUB #
27 <i>Nat'l Chocolate Milk Day</i> Roast Turkey & Stuffing Mashed Potatoes & Gravy California Blend Veggies Cream Pie	28 Meatloaf Mashed Potatoes & Gravy Cauliflower Mandarin Oranges	29 <i>Nat'l Coffee Day</i> Chicken Cordon Bleu Roasted Potatoes Peas Pears	30 Spaghetti w/Meat Sauce Garlic Bread Green Beans Peaches			
SUB #	SUB #	SUB #	SUB #	SUB #	SUB #	SUB #

Please circle your preferred drinks:

Orange Juice Iced Tea White Milk
Apple Juice Water Chocolate Milk
Cranberry Juice Coffee
Fruit Punch/Lemonade Hot Chocolate **SUBJECT TO CHANGE**

September Fun Fact & Observances:

Sept. 2026 is Observed as:
National Preparedness Month, Childhood Cancer Awareness Month, National Suicide Prevention Month, and National School Success Month.
Sept. Birthstone: Sapphire
Sept. Flower: Aster & Forget-Me-Not