

Senior TLC-Charlotte

RAMS Kitchen
704-842-2474

September 2026-135pp

Sunday	Monday	Tuesday 1	Wednesday 2	Thursday 3	Friday 4	Saturday 5
		Beef Hamburger, Potato Salad, Coleslaw, Applesauce	Baked Chicken, White Beans, Sautéed Zucchini & Squash, Cornbread, Fruit	Lemon Baked Fish, Roasted Red Potatoes, Mixed Veggie, Roll, Fruit	Chicken Salad Sandwich, Pea Salad, Cole Slaw, Assorted Cakes	
Sunday 6	Monday 7 LABOR DAY	Tuesday 8	Wednesday 9	Thursday 10	Friday 11	Saturday 12
		Turkey & Pasta Ranch Salad, Creamy Cucumber & Onion Salad, Apple Cobbler	Chicken & Rice Casserole, Green Beans, Roll, Fruit	Honey Glazed Pork Loin, Baked Lima Beans, Buttered Carrots, Roll, Fruit	Tater Tot Casserole, Broccoli, Roll, Assorted Cakes	
Sunday 13	Monday 14	Tuesday 15	Wednesday 16	Thursday 17	Friday 18	Saturday 19
	Salisbury Steak, Mashed Red Potatoes, Seasoned Brussel Sprouts, Roll, Cookie	Tater Tot Casserole, Broccoli, Roll, Applesauce	Chopped Steak w/Gravy, Rice, Carrots, Roll, Fruit	Chef's Salad w/Turkey/Tom/ Egg/Cheese/Cuc Crackers, Fruit	Braised Pulled Pork, Pinto Beans, Cabbage, Roll, Assorted Cakes	
Sunday 20	Monday 21	Tuesday 22	Wednesday 23	Thursday 24	Friday 25	Saturday 26
	Smothered Pork Chop, Rice, Buttered Carrots, Roll, Cookie	Chicken Tenders, Mac & Cheese, Broccoli Florets, Roll, Apple Cobbler	Oven Fried Fish, Rice Pilaf, Peas & Carrots, Roll, Fruit	Cheesy Beef & Macaroni Casserole, Tossed Salad, Italian Blend Veggies, Fruit	Hot Roast Beef Sandwich, Baked French Fries, Mixed Veggies, Assorted Cakes	
Sunday 27	Monday 28	Tuesday 29	Wednesday 30	Thursday 31	Friday	Saturday
	Fish Sticks, Potato Wedges, Slaw, Cookie	Baked Spaghetti w/Meat Sauce, Corn, Mixed Veggies, Applesauce	Sliced Turkey w/Gravy, Roasted Carrots, Potatoes & Onions, Fruit	Tuna Salad, Crackers, Side Salad, Fruit		