

MONTHLY MENU & SPECIALS

WWW.FSW.EDU/DINING

September 2019

M

T

W

TR

F

2
CLOSED

3
CLOSED

4
Beef Burgundy
Buttered Egg
Noodles
Steamed Carrots
Roasted Brussel
Sprouts

5
Meatloaf Roasted
Potato Wedges
Buttered Corn
Stewed Tomatoes

6
Pork Stir Fry
Vegetable Fried
Quinoa
Roasted Cauliflower
Vegetable Stir Fry

9
Chicken Teriyaki
Jasmine Rice
Broccoli
Sesame Carrots

10
Roast Pork w/
Apples
Rice Pilaf
Asparagus
Grilled Yellow
Squash

11
Roast Beef
Mashed Potato
Corn
Roasted Brussel
Sprouts

12
Chicken Parmesan
Linguine
Marinara Sauce
Breen Beans

13
Battered Fish
Steak Fries
Peas
Sautéed Zucchini

16
Spanish Chicken
Thighs
Yellow Rice and
Beans
Mexican Corn
Roasted Vegetable
Blend

17
Roast Turkey
Glazed Sweet Potato
Steamed Broccoli
Green Bean
Casserole
Gravy

18
Beef Stir Fry
Cilantro Rice
Hoisin Snap Peas
Braised Cabbage

19
Fried Chicken and
Waffles
Sautéed Spinach
Glazed Carrots

20
Yankee Pot Roast
Garlic Mashed
Potatoes
Peas
Roasted Acorn
Squash

23
Cottage Pie
Roasted Carrots
Grilled Squash
Corn

24
Chicken Casserole
Parmesan Potato
Wedges
Green Beans &
Tomatoes
Ratatouille

25
Open Faced Turkey
Sandwich
Mashed Potatoes
Peas
Braised Cabbage

26
Fried Pork Chop
Buttered Noodles
Sautéed Spinach
Butternut Squash

27
Barbeque Meatloaf
Au Gratin Potatoes
Corn
Roasted Mushrooms

30
Barbeque Chicken
Macaroni and
Cheese
Stewed Tomatoes
Steamed Broccoli