

# SEPTEMBER

# THE KITCHEN

AT BILLINGS

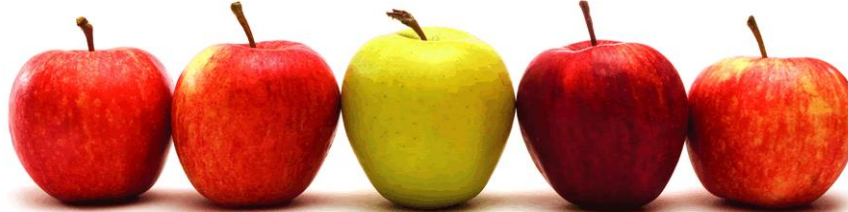
MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



1

**ENTREES**  
BBQ Pulled Pork (300 Cal)  
Cajun Chicken (130 Cal)

**SOUPS**  
Chili Con Carne  
(390 Cal/520 Cal)  
Chicken Double Noodle  
(210 Cal/280 Cal)

4

*Happy Labor Day!*

5

**ENTREES**  
Penne & Sausage (840 Cal)  
Fried Chicken (470 Cal)

**SOUPS**  
Hearty Chicken Gumbo  
(320 Cal/420 Cal)  
Chicken Double Noodle  
(210 Cal/280 Cal)

6

**ENTREES**  
Country Fried Steak (390 Cal)  
Meat Lasagna (340 Cal)

**SOUPS**  
Vegetable Rice  
(120 Cal/170 Cal)  
Chicken Double Noodle  
(210 Cal/280 Cal)

7

**ENTREES**  
Swedish Meatballs (620 Cal)  
Fried Chicken (470 Cal)

**SOUPS**  
Italian Wedding  
(200 Cal/270 Cal)  
Chicken & Rice  
(140 Cal/190 Cal)

8

**ENTREES**  
Baked Pollock (1020)  
Yankee Pot Roast (260 Cal)

**SOUPS**  
Timberline Chili  
(440 Cal/580 Cal)  
Chicken Double Noodle  
(210 Cal/280 Cal)

11

**ENTREES**  
Spaghetti with Meat Sauce (410 Cal)  
Shrimp & Grits (250 Cal)

**SOUPS**  
Fire Roasted Vegetable  
(110 Cal/150 Cal)  
Chicken Double Noodle  
(210 Cal/280 Cal)

12

**ENTREES**  
Swiss Steak (240 Cal)  
Fried Chicken (470 Cal)

**SOUPS**  
Hearty Chicken Gumbo  
(320 Cal/420 Cal)  
Chicken Double Noodle  
(210 Cal/280 Cal)

13

**ENTREES**  
Chicken Parmesan (370 Cal)  
Beef Meatloaf (270 Cal)

**SOUPS**  
Tomato Basil  
(220 Cal/290 Cal)  
Chicken Double Noodle  
(210 Cal/280 Cal)

14

**ENTREES**  
Stuffed Pork Chop (340 Cal)  
Fried Chicken (470 Cal)

**SOUPS**  
Pasta Fagioli  
(210 Cal/280 Cal)  
Chicken & Rice  
(140 Cal/190 Cal)

15

**ENTREES**  
Baked Pollock (1020)  
Beef Macaroni (220 Cal)

**SOUPS**  
Timberline Chili  
(440 Cal/580 Cal)  
Chicken Double Noodle  
(210 Cal/280 Cal)

18

**ENTREES**  
Chicken Jambalaya (320 Cal)  
Herbed Tilapia (120 Cal)

**SOUPS**  
Cheddar Bacon Potato Chowder  
(480 Cal/640 Cal)  
Chicken Double Noodle  
(210 Cal/280 Cal)

19

**ENTREES**  
Rigatoni & Meatball (360 Cal)  
Fried Chicken (470 Cal)

**SOUPS**  
Hearty Chicken Gumbo  
(320 Cal/420 Cal)  
Chicken Double Noodle  
(210 Cal/280 Cal)

20

**ENTREES**  
Salisbury Steak (300 Cal)  
Pulled Pork (320 Cal)

**SOUPS**  
Tomato Basil  
(220 Cal/290 Cal)  
Chicken Double Noodle  
(210 Cal/280 Cal)

21

**ENTREES**  
Beef Pepper Steak (180 Cal)  
Fried Chicken (470 Cal)

**SOUPS**  
Chicken with Ditalini Soup  
(160 Cal/210 Cal)  
Chicken & Rice  
(140 Cal/190 Cal)

22

**ENTREES**  
Lemon Tilapia (210 Cal)  
Beef Stew (210 Cal)

**SOUPS**  
Timberline Chili  
(440 Cal/580 Cal)  
Chicken Double Noodle  
(210 Cal/280 Cal)

25

**ENTREES**  
Pot Pie (380 Cal)  
Cajun Roasted Pork Loin (180 Cal)

**SOUPS**  
Broccoli Cheddar  
(360 Cal/480 Cal)  
Chicken Double Noodle  
(210 Cal/280 Cal)

26

**ENTREES**  
Penne & Sausage (840 Cal)  
Fried Chicken (470 Cal)

**SOUPS**  
Hearty Chicken Gumbo  
(320 Cal/420 Cal)  
Chicken Double Noodle  
(210 Cal/280 Cal)

27

**ENTREES**  
Country Fried Steak (390 Cal)  
Meat Lasagna (340 Cal)

**SOUPS**  
Vegetable Rice  
(120 Cal/170 Cal)  
Chicken Double Noodle  
(210 Cal/280 Cal)

28

**ENTREES**  
Swedish Meatballs (620 Cal)  
Fried Chicken (470 Cal)

**SOUPS**  
Italian Wedding  
(200 Cal/270 Cal)  
Chicken & Rice  
(140 Cal/190 Cal)

29

**ENTREES**  
Baked Pollock (1020)  
Yankee Pot Roast (260 Cal)

**SOUPS**  
Timberline Chili  
(440 Cal/580 Cal)  
Chicken Double Noodle  
(210 Cal/280 Cal)

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