

Menu

August

2021

Monday	Tuesday	Wednesday	Thursday	Friday
2 Meatloaf Carrots w/ dill Corn Diced peaches WW Bread	3 Polynesian Chicken Malibu vegetables Coleslaw Pineapple WW Dinner roll	4 Rotini w/ beef sauce Green beans Italian salad Blueberries w/ topping Italian bread	5 Turkey Enchilada Casserole Broccoli, Cauliflower, Tomato salad Diced melon	6 Chef Salad Chicken noodle soup Crackers Apple Pita bread
9 Sweet & Sour Chicken Vegetables, fried rice Vegetable blend Apricots WW bread	10 Smoked Sausage w/ green pepper & onion, bun O'Brien potatoes Sauerkraut Fruited gelatin Oatmeal raisin cookie	11 Stuffed Pepper Garlic Mashed Redskin potatoes Garden Salad Strawberries w/topping WW Dinner roll	12 Crispy Chicken Strip salad Green salad Minestrone Apple Pita bread	13 Potato crunch pollock w/ wild & whole grain pilaf Green beans Cucumber, Tomato, & Onion salad Diced watermelon Dinner roll
16 BBQ Pulled Chicken, bun Corn O'Brien Collard Greens w/lemon & vinegar Cinnamon Applesauce	17 Mexican pepper steak Brown rice Carrots, coleslaw Mandarin oranges Pineapple tidbits WW Dinner roll Chocolate chip cookie	18 Ham, Turkey Sub w/ cheese Pasta salad, vegetables Soup: Twice baked potato Crackers Apple	19 Lasagna Roll-ups California blend Italian salad Blueberries w/ topping Italian bread	20 Roast Turkey w/ gravy Garlic mashed redskin potatoes Green beans Diced melon Strawberry cookie
23 Salisbury steak w/ gravy Diced carrots Zucchini & Tomatoes Diced peaches Dinner roll	24 Chicken Breast Parmesan Green beans Garden salad Vanilla yogurt w/ strawberries Italian bread	25 Breaded fish sandwich Cauliflower w/ cheese Coleslaw Diced watermelon	26 Pasta Toscano w/sausage Normandy Vegetables Cucumber, Tomato, & onion salad Mandarin oranges Italian bread	27 Asian Chicken salad Crispy Chicken strips Garden salad Broccoli cheese soup Apple Dinner roll
30 Philly Cheesesteak O'Brien Potatoes Diced carrots Apricots	31 Greek Chicken Breast Baked Potato Caribbean vegetables Tropical Fruit Salad Pita bread			

Meals include milk and margarine. WW = Whole wheat LS = Low Sodium

Please make reservations for lunch 48 hours in advance. If you don't cancel 48 hours in advance, you will be charged \$5.50.