

AUGUST 2022



MAKE YOUR LUNCH RESERVATIONS
AT LEAST ONE BUSINESS DAY
IN ADVANCE!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8/1 Potato Crusted Fish Clam Chowder C California Vegetables Rice Pilaf Tartar Sauce Seasonal Fresh Fruit Pudding	8/2 Waldorf Chicken Salad on Mixed Greens Mushroom Barley Soup Potato Salad Marinated Zucchini Salad Whole Wheat Crackersx2 C Cantaloupe	8/3 Swedish Meatballs over Herb Noodles Stewed Tomatoes <u>Bean Medley</u> C Citrus Fruit	8/4 Pork Posole Soup w/Tortilla Chips C Fiesta Vegetables <u>Spinach Salad</u> w/Dressing Banana Ice Cream	8/5 Chef's Salad w/Turkey, Eggs, Cheese, C Grape Tomatoes Minestrone Soup Ranch Dressing Roll w/Butter Seasonal Fresh Fruit
8/8 Meatloaf w/Gravy Mashed Potatoes <u>Scandinavian Vegetables</u> Tossed Salad w/Dressing Roll w/Butter C Tropical Fruit	8/9 Fish Taco w/Tartar Sauce Cream of Tomato Soup C Coleslaw w/ <u>Carrots</u> 3 Bean Salad Flour Tortilla Seasonal Fresh Fruit	8/10 Asian Chicken Salad <i>(Sliced Chicken Breast, Spring Mix, Sesame Seed Dressing, Crispy Noodles)</i> C Mandarin Oranges Egg Drop Soup Marinated Zucchini Salad Dinner Roll w/Butter Pudding	8/11 Turkey Divan over Rice Pilaf Whole Kernel Corn Green Salad w/Dressing C <u>Watermelon</u>	8/12 Pork Lo Mein C Broccoli <u>Bean Medley</u> Fruit Punch C Orange Gelatin w/Mandarin Oranges
8/15 Taco Salad w/Ground Turkey, Shredded Cheddar, Salsa, Ranch Dressing, C Grape Tomatoes, and Tortilla Chips Lentil Soup Pinto Beans C Orange Juice Pudding	8/16 Spaghetti & Meatballs w/Parmesan Cheese C California Vegetables Tossed Salad w/Dressing Pear Halves	8/17 + Baked Ham with Pineapple Raisin Sauce C Yams Green Beans Dinner Roll w/Butter Seasonal Fresh Fruit	8/18 Chicken Piccata C Mashed Potatoes <u>Italian Vegetables</u> Tossed Salad w/Dressing Roll w/Butter C Cantaloupe	8/19 Mock Crab Salad on Mixed Greens Chicken Rice Soup C Grape Tomatoes <u>Carrot Raisin Salad</u> Roll w/Butter C Tropical Fruit
8/22 Chicken Marsala Rice Pilaf <u>Italian Vegetables</u> C Broccoli Apple	8/23 Kalua Pork Apple Juice C Seasoned Cabbage Macaroni Salad Marinated Zucchini Salad Pineapple Cake	8/24 Tuna Salad Sandwich w/Lettuce, Tomato, and Onion on Whole Wheat Bread Corn Chowder 4 Bean Salad C <u>Watermelon</u>	8/25 Cheeseburger w/Lettuce, Tomato, and Onion Split Pea Soup C California Vegetables Hamburger Bun Catsup, Mustard, Mayo Seasonal Fresh Fruit	8/26 Cheese Omelet w/Shredded Cheddar and Salsa Turkey Sausage Red Potatoes <u>Steamed Spinach</u> Blueberry Muffin C Citrus Fruit
8/29 Turkey & Cheese Wrap w/Lettuce and Onion Hearty Vegetable Soup <u>Carrot Raisin Salad</u> 4 Bean Salad Mustard, Mayonnaise C Tropical Fruit	8/30 Fish Sandwich w/Cheese and Tartar Sauce on a Bun Potato Leek Soup C Coleslaw w/ <u>Carrots</u> Marinated Beets & Onions Seasonal Fresh Fruit	8/31 Roasted Herb Chicken over Wild Rice Asparagus Tossed Salad w/Dressing C Cantaloupe		

NOTES

All meals served with lowfat milk.

— Vitamin A
C Vitamin C

+ Higher in sodium
^ Dessert of Choice