

LM

## MEALS FOR THE CURRENT WEEK OF AUGUST

| SUNDAY  | MONDAY   | TUESDAY   | WEDNESDAY   | THURSDAY  | FRIDAY  | SATURDAY  |
|---|--|---|---|---|---|---|
| <b>18</b>   | <b>19</b>  | <b>20</b>   | <b>21</b>   | <b>22</b>   | <b>23</b>   | <b>24</b>   |
| <b>Lunch</b>  | <b>Lunch</b>   | <b>Lunch</b>  | <b>Lunch</b>  | <b>Lunch</b>  | <b>Lunch</b>  | <b>Lunch</b>  |
| Soup: Soup of the Day<br>Snack: Assorted<br>-----<br>Pineapple Carrot Jelly Salad, Potato Salad, Cheese Sticks & Rolled Ham<br>-----<br>Grilled Chicken Burger w/ Lettuce & Tomato w/ Onion Rings OR Tossed Salad | Soup: Cream of Mushroom<br>Snack: Peanut Butter Marshmallow Square<br>-----<br>Toasted Denver w/ Eggs, Ham, Cheese & Green Onion<br>-----<br>Salmon Salad Sandwich on Kaiser Bun   | Soup: Somma Borscht<br>Snack: Peanut Butter Marshmallow Square<br>-----<br>Toasted Denver w/ Eggs, Ham, Cheese & Green Onion<br>-----<br>Chef's Salad w/ Sliced Peaches, Candied Walnuts, Scoop of Tuna Salad, Lettuce, Tomato, Cucumbers, Carrots & Garlic Toast | Soup: Mushroom Barley<br>Snack: Triple Berry Crumble<br>-----<br>Cream Cheese Stuffed French Toast, Sausage & Fruit Salad<br>-----<br>Pulled BBQ Beef on a Whole Wheat Kaiser Bun                     | Soup: Chicken Vegetable<br>Snack: Mini Danish<br>-----<br>Grilled Havarti Cheese Sandwich w/ Tomato & Asparagus<br>-----<br>Fancy Double Stuffed Egg Salad Sandwiches with Cucumber & Cream Cheese  | Soup: Curry Vegetable Lentil<br>Snack: Mini Danish<br>-----<br>Grilled Havarti Cheese Sandwich w/ Tomato & Asparagus<br>-----<br>Hot Dog w/ Fried Onions & Baked Beans  | Soup: French Onion<br>Snack: Assorted<br>-----<br>Oatmeal w/ Brown Sugar & Sliced Peaches, Yogurt & Fruit Slices<br>-----<br>Eggs Benedict w/ Poached Eggs, Hollandaise Sauce & Back Bacon on a Biscuit w/ Fruit Slices |
| <b>Dinner</b>   | <b>Dinner</b>  | <b>Dinner</b>   | <b>Dinner</b>   | <b>Dinner</b>   | <b>Dinner</b>   | <b>Dinner</b>   |
| Roast Pork Tenderloin w/ Gravy, Mashed Potatoes, Braised Red Cabbage & Peas<br>-----<br>Vegetarian Lasagna w/ Caesar Salad & Garlic Toast<br>-----<br>Cherry Pie<br>Fruit of the week:                            | Grilled Italian Sausages w/ Peppers, Caesar Salad & Garlic Bread Stick<br>-----<br>Shrimp Or Chicken Penne Alfredo w/ Caesar Salad & Garlic Bread Stick<br>-----<br>Fresh Fruit Salad with Berries<br>Fruit of the week: | Roasted 1/4 Chicken, Mashed Potatoes with Gravy & Kale Vegetable Mix<br>-----<br>Assorted Desserts<br>Fruit of the week:  | Shrimp Stuffed Sole, Scalloped Potatoes, Cauliflower & Zucchini<br>-----<br>Meatballs w/ Mushroom Gravy, Scalloped Potatoes, Cauliflower & Zucchini<br>-----<br>Assorted Donuts<br>Fruit of the week: | Cottage Cheese Perogies, Fried Onions, Cream Sauce, Grilled Farmers Sausage & Steamed Vegetables<br>-----<br>Chicken Souvlaki w/ Tzatziki Sauce, Rice Pilaf & Steamed Vegetables<br>-----<br>Coconut Cream Pudding with Whipped Cream<br>Fruit of the week: | Baked Pickerel, Tartar Sauce, Mashed Potatoes & Sauteed Zucchini & Carrots<br>-----<br>Vegetarian Manicotti w/ Spinach & Strawberry Salad & Garlic Toast<br>-----<br>Fresh Fruit with Sweet Cream<br>Fruit of the week: | BBQ Ribs, Baked Potato w/ Sour Cream, Broccoli & Corn<br>-----<br>Bread Pudding with Toffee Sauce<br>Fruit of the week:   |

## MEALS FOR THE CURRENT WEEK OF AUGUST

| SUNDAY  | MONDAY  | TUESDAY   | WEDNESDAY  | THURSDAY  | FRIDAY   | SATURDAY  |
|---|---|---|--|---|--|---|
| <b>25</b>   | <b>26</b>   | <b>27</b>   | <b>28</b>  | <b>29</b>   | <b>30</b>  | <b>31</b>   |
| <b>Lunch</b>  | <b>Lunch</b>  | <b>Lunch</b>  | <b>Lunch</b>   | <b>Lunch</b>  | <b>Lunch</b>   | <b>Lunch</b>  |
| Soup: Chicken Rice<br>Snack: Assorted<br><br>Waffles w/ Syrup & Country Ham<br><br>Wally Bacon Burger w/ French Fries OR Tossed Salad                           | Soup: Baked Potato Soup<br>Snack: Assorted Tart<br><br>Tuna Melt on French Bread<br><br>Chicken Salad Sandwich w/ Currants & Apples & Lettuce                     | Soup: Cabbage Borscht<br>Snack: Assorted Tart<br><br>Tuna Melt on French Bread<br><br>Monte Cristo Sandwich with Lettuce & Tomato   | Soup: Hamburger Soup<br>Snack: Peanut Butter Cookie<br><br>Toasted BLTC Sandwich<br><br>Chicken & Bean Quesadillas w/ Salsa & Sour Cream | Soup: Cream of Chicken Noodle<br>Snack: Apple Oatmeal Muffin<br><br>Chopped Ham & Relish Sandwich with Lettuce<br><br>Reuben on Marble Rye  | Soup: Beef Barley<br>Snack: Oatmeal Apple Muffin<br><br>Reuben on Marble Rye<br><br>Chef's Salad w/ Almonds, Cubed Cheese, Grilled Chicken & Garlic Bread  | Soup: Turkey and Rice<br>Snack: Assorted<br><br>Scrambled Eggs, Bacon OR Turkey Sausage, Toast, Hash Browns & Fruit Salad<br><br>Smoked Salmon on a Bagel w/ Cream Cheese |
| <b>Dinner</b>   | <b>Dinner</b>   | <b>Dinner</b>   | <b>Dinner</b>  | <b>Dinner</b>   | <b>Dinner</b>  | <b>Dinner</b>   |
| Roasted Turkey Dinner, Stuffing, Gravy, Cranberry Sauce, Mashed Potatoes, Peas & Honey Glazed Carrots<br><br>Pecan Pie with Whipped Cream<br>Fruit of the Week: | Grilled Chicken Burger w/ Onion Rings OR Carrot Salad<br><br>Spaghetti & Meat Sauce w/ Caesar Salad & Garlic Toast<br><br>Assorted Cupcakes<br>Fruit of the week: | Chicken Thighs with Mushroom Cream Sauce, Rice Pilaf, Broccoli & Corn<br><br>Pork Loin Stuffed w/ Apricots & Prunes, Apple Sauce, Lemon Potatoes, Broccoli & Corn<br><br>Assorted Dessert<br>Fruit of the Week: | Pot Roast Dinner, Mashed Potatoes, Brussel Sprouts and Butternut Squash<br><br>Peaches & Cream Jello Parfait<br>Fruit of the Week:       | Potato & Cheddar Perogies, Fried Onions, Grilled Kielbasa & Cauliflower & Apple Salad<br><br>Chicken Adobo w/ Jasmine Rice, Lumpia (Spring Roll) & California Mix Vegetables<br><br>Vanilla Swirl Cake with Whipped Cream<br>Fruit of the Week: | Lightly Breaded Pickerel, Tartar Sauce, Boiled Potatoes & Creamy Coleslaw<br><br>Shepherd's Pie w/ Gravy & Bistro Vegetable Mix<br><br>Bread Pudding w/ Butterscotch Ice Cream<br>Fruit of the week: | Chicken Kiev (Garlic Butter Stuffed), Roasted Potatoes, Sauteed Zucchini & Peppers<br><br>Frozen Yogurt Bar<br>Fuit of the Week:  |

| 1   | 2   | 3  | 4  | 5   | 6   | 7  |
|---|---|--|--|---|---|--|
| <p><b>Lunch</b></p> <p>Soup: Minestrone<br/>Snack: Assorted</p> <p>Pancakes w/ Peaches, Yogurt &amp; Fruit Slices</p> <p>Cobb Salad w/ Grilled Chicken, Apples, Cubed Cheese, &amp; Boiled Egg w/ Garlic Stick</p>  | <p><b>Lunch</b></p> <p>Soup: Hearty Vegetable Barley<br/>Snack: Assorted Cookie</p> <p>Italian Meat Sub w/ Rosemary Ham, Capicola, Provolone Cheese &amp; Italian Dressing Mayo</p> <p>Vegetarian Chili w/ Tea Biscuit</p>                              | <p><b>Lunch</b></p> <p>Soup: Somma Borscht<br/>Snack: Assorted Cookie</p> <p>Italian Meat Sub w/ Rosemary Ham, Capicola, Provolone Cheese &amp; Italian Dressing Mayo</p> <p>Hot Turkey Sandwich w/ Gravy &amp; Sweet Potato Fries OR Tossed Salad</p> | <p><b>Lunch</b></p> <p>Soup: Taco Tortilla<br/>Snack: Assorted</p> <p>Nutella Crepes, Bacon &amp; Spinach &amp; Strawberry Salad</p> <p>Corned Beef Hash w/ Poached Eggs &amp; Raisin Toast</p>  | <p><b>Lunch</b></p> <p>Soup: French Onion<br/>Snack: Mini Tart</p> <p>Grilled Cheese w/ Havarti, Asparagus, Bell Peppers &amp; Onions</p> <p>Chicken Wellington w/ Cream Sauce</p>  | <p><b>Lunch</b></p> <p>Soup: Cabbage Borscht<br/>Snack: Mini Cream Tart</p> <p>Grilled Cheese w/ Havarti, Asparagus, Bell Peppers &amp; Onions</p> <p>Fancy Chicken Salad Sandwich w/ Cream Cheese</p>  | <p><b>Lunch</b></p> <p>Soup: Soup of the Day<br/>Snack: Assorted</p> <p>Ham and Pineapple Pizza OR Vegetarian Pizza</p> <p>Spinach &amp; Bell Pepper Omelette w/ Tossed Salad</p>        |
| <p><b>Dinner</b></p> <p>Baked Ham w/ Apple Sauce, Mashed Potatoes &amp; Bistro Vegetable Mix</p> <p>Swedish Meatballs, Rice Pilaf &amp; Bistro Vegetable Mix</p> <p>Black Forest Parfait<br/>Fruit of the Week:</p> | <p><b>Dinner</b></p> <p>Sweet &amp; Sour Chicken Balls, Vegetable Pancit &amp; Vegetable Spring Roll</p> <p>Korean BBQ Spare Ribs, Vegetable Pancit &amp; Vegetable Spring Roll</p> <p>Cold Tapioca Pudding with Berry Sauce<br/>Fruit of the week:</p> | <p><b>Dinner</b></p> <p>Vegetarian Manicotti w/ Caesar Salad &amp; Garlic Toast</p> <p>Cabbage Rolls w/ Meat Sauce, Boiled Potatoes &amp; Garlic Sausage</p> <p>Assorted Desserts<br/>Fruit of the Week:</p>   | <p><b>Dinner</b></p> <p>Baked Salmon w/ Lemon &amp; Dill, Mashed Potatoes, Cauliflower &amp; Beets</p> <p>Pork Schnitzel w/Apple Gravy, Mashed Potatoes, Cauliflower &amp; Beets</p> <p>Strawberry Rhubarb Crisp w/ Strawberry Ice Cream<br/>Fruit of ther week:</p> | <p><b>Dinner</b></p> <p>Grilled Pork Chop, Roasted Potatoes, Braised Red Cabbage &amp; Corn</p> <p>Beef Stroganoff w/ Egg Noodles, Braised Red Cabbage &amp; Corn</p> <p>Carrot Cake w/ Cream Cheese Icing<br/>Fruit of the Week:</p> | <p><b>Dinner</b></p> <p>Lightly Breaded Pickerel, Lemon Potatoes &amp; Bistro Vegetable Mix</p> <p>3 Cheese Tortellini w/ Alfredo Sauce &amp; Grilled chicken, Caesar Salad &amp; Garlic Toast</p> <p>Fresh Fruit Salad w/ Berries<br/>Fruit of the Week:</p> | <p><b>Dinner</b></p> <p>Stuffed Chicken with Broccoli &amp; Cheddar, Mashed Potatoes, Butternut Squash and Zucchini</p> <p>Chocolate or Vanilla Ice Cream Bar<br/>Fruit of the Week:</p> |

| 8   | 9   | 10  | 11  | 12   | 13   | 14   |
|---|---|---|---|--|--|--|
| <p><b>Lunch</b></p> <p>Soup: Soup of the Day<br/>Snack: Assorted</p> <p>BLTC Sandwich</p> <p>Grilled Cinnamon Bun,<br/>Cheese Sticks &amp; Yogurt</p>                                     | <p><b>Lunch</b></p> <p>Soup: Cream of<br/>Mushroom<br/>Snack: Zucchini<br/>Chocolate Chip Loaf</p> <p>Reuben on Marble Rye</p> <p>Fancy Double Stuffed<br/>Fancy Egg Salad<br/>Sandwiches</p>   | <p><b>Lunch</b></p> <p>Soup: Chicken Noodle<br/>Snack: Zucchini<br/>Chocolate Chip Loaf</p> <p>Reuben on Marble Rye</p> <p>Crab Salad Sandwich</p>  | <p><b>Lunch</b></p> <p>Soup: Sweet Potato<br/>Snack: White Chocolate<br/>Macadamia Cookies</p> <p>Roast Beef &amp; Swiss<br/>Sandwich</p> <p>Eggs, Bacon OR<br/>Sausage, Hashbrowns,<br/>Toast &amp; Fruit Salad</p>    | <p><b>Lunch</b></p> <p>Soup: Beef Barley<br/>Snack: Fig Newton</p> <p>Grilled Chicken &amp; Pesto<br/>on French Bread</p> <p>Wally Cheeseburger w/<br/>French Fries OR Tossed<br/>Salad</p>  | <p><b>Lunch</b></p> <p>Soup: Lentil<br/>Snack: Oreo Cookie</p> <p>Grilled Chicken &amp; Pesto<br/>on French Bread</p> <p>German Potato Salad,<br/>Creamy Coleslaw, Cold<br/>Cuts &amp; Croissant</p>   | <p><b>Lunch</b></p> <p>Soup: Soup of the Day<br/>Snack: Assorted</p> <p>Shrimp Po Boy<br/>Sandwich</p> <p>Meat Tortiere w/ Gravy<br/>&amp; Tossed Salad</p>  |
| <p><b>Dinner</b></p> <p>Roast Beef, Gravy, Mini<br/>Yorkshire Pudding,<br/>Roasted Potatoes, Honey<br/>Glazed Carrots &amp; Peas</p> <p>Chocolate Cream Pie</p> <p>Fruit of the Week:</p> | <p><b>Dinner</b></p> <p>Turkey Schnitzel,<br/>Mashed Potatoes,<br/>Sauteed Mushrooms &amp;<br/>Broccoli</p> <p>Swiss Steak, Mashed<br/>Potatoes, Sauteed<br/>Mushrooms &amp; Broccoli</p> <p>Chocolate Cream Puff</p> <p>Fruit of the week:</p> | <p><b>Dinner</b></p> <p>Lightly Dusted Chicken<br/>Wings w/ Macaroni &amp;<br/>Cheese &amp; Broccoli Salad</p> <p>Beef Stew w/ Tossed<br/>Salad &amp; Dinner Bun</p> <p>Assorted Desserts</p> <p>Fruit of the week:</p> | <p><b>Dinner</b></p> <p>BBQ Ribs, Baked Potato<br/>w/ Sour Cream, Oil &amp;<br/>Vinegar Coleslaw &amp;<br/>Corn on the Cob</p> <p>Butterscotch Pudding<br/>with Caramel Whipped<br/>Cream</p> <p>Fruit of the Week:</p> | <p><b>Dinner</b></p> <p>Cottage Cheese<br/>Perogies, Fried Onions,<br/>Cream Sauce, Grilled<br/>Farmers Sausage,<br/>Sauteed Zucchini &amp;<br/>Peppers</p> <p>Lemon Chicken Kabobs,<br/>Baby Potatoes, Sauteed<br/>Zucchini &amp; Peppers</p> <p>Mixed Fruit Crisp w/ Ice<br/>Cream</p> <p>Fruit of the Week:</p> | <p><b>Dinner</b></p> <p>Red Thai Coconut<br/>Chicken Curry w/<br/>Jasmine Rice<br/>&amp; Florentine Vegetable<br/>Mix</p> <p>Lightly Breaded<br/>Pickarel, Lemon<br/>Potatoes &amp; Florentine<br/>Vegetable Mix</p> <p>Rice Pudding</p> <p>Fruit of the Week:</p> | <p><b>Dinner</b></p> <p>Roasted Chicken<br/>Drumsticks, Mashed<br/>Potatoes, Cauliflower &amp;<br/>Beets</p> <p>Liver &amp; Onions, Mashed<br/>Potatoes, Cauliflower &amp;<br/>Beets</p> <p>Fresh Fruit Salad w/<br/>Berries &amp; Sweet Cream</p> <p>Fruit of the Week:</p> |

| 15  | 16   | 17  | 18  | 19   | 20  | 21   |
|---|--|---|---|--|---|--|
| <p><b>Lunch</b></p> <p>Soup: Soup of the day<br/>Snack: Assorted</p> <p>Beef Taco Salad w/ Salsa &amp; Sour Cream</p> <p>Oatmeal w/ Brown Sugar &amp; Sliced Peaches, Yogurt &amp; Fruit Slices</p> | <p><b>Lunch</b></p> <p>Soup: Beef Vegetable<br/>Snack: Coffee Caramel Muffin</p> <p>Grilled Ham &amp; Havarti Sandwich w/ Grilled Peppers</p> <p>Pulled BBQ Beef on a Whole Wheat Kaiser Bun</p>   | <p><b>Lunch</b></p> <p>Soup: Potato Bacon<br/>Snack: Coffee Caramel Muffin</p> <p>Grilled Ham &amp; Havarti w/ Grilled Peppers</p> <p>Pulled BBQ Beef on a Whole Wheat Kaiser Bun</p>                         | <p><b>Lunch</b></p> <p>Soup: Minestrone<br/>Snack: Lemon Square</p> <p>Scrambled Eggs, Bacon OR Sausage, Hashbrowns, Toast &amp; Fruit Salad</p> <p>Chef's Salad w/ Candied Walnuts, Pears, Parm, Grilled Chicken &amp; Poppy Seed Dressing</p> | <p><b>Lunch</b></p> <p>Soup: Chicken &amp; Rice<br/>Snack: Assorted Brownies</p> <p>Turkey Sub w/ Turkey, Lettuce, Tomato &amp; Cheese</p> <p>Stuffed Potato w/ Bell Pepper, Corn, &amp; Cheese</p>  | <p><b>Lunch</b></p> <p>Soup: Beet Borscht<br/>Snack: Assorted Brownie</p> <p>Turkey Sub w/ Turkey, Lettuce, Tomato &amp; Cheese</p> <p>Fried Egg &amp; Cheese Sandwich w/ Grilled Bologna on a Whole Wheat Kaiser Bun</p> | <p><b>Lunch</b></p> <p>Soup: Soup of the Day<br/>Snack: Assorted</p> <p>Waffles w/ Fruit Sauce, Grilled Ham &amp; Fruit Salad</p> <p>Chicken Fingers w/ Sweet Potato Fries OR Tossed Salad</p> |
| <p><b>Dinner</b></p> <p>Roasted Turkey Dinner w/ Stuffing, Cranberry Sauce, Gravy, Boiled Potatoes &amp; Broccoli Casserole</p> <p>Blueberry Pie with Whipped Cream<br/>Fruit of the Week:</p>      | <p><b>Dinner</b></p> <p>Kung Pao Chicken, Vegetable Pancit &amp; Vegetable Spring Roll</p> <p>Meatloaf w/ Ketchup Sauce, Mashed Potatoes &amp; Bistro Mix</p> <p>Lemon Pudding w/ Blueberries &amp; Whipped Cream<br/>Fruit of the Week:</p> | <p><b>Dinner</b></p> <p>Shrimp Kabobs, Rice Pilaf w/ Cauliflower &amp; Apple Salad</p> <p>Terikayi Chicken Strips, Rice Pilaf &amp; Vegetable Spring Roll</p> <p>Assorted Desserts<br/>Fruit of the Week:</p> | <p><b>Dinner</b></p> <p>Haddock Fish &amp; Chips w/ 3 Bean Salad</p> <p>Spaghetti &amp; Meat Sauce w/ Caesar Salad &amp; Garlic Toast</p> <p>Lemon Cream Cake<br/>Fruit of the week:</p>  | <p><b>Dinner</b></p> <p>Pork Chops w/ Apple Gravy, Mashed Potatoes, Green Bean Almandine &amp; Carrots</p> <p>Potato &amp; Cheddar Perogies, Fried Onions, Bacon Bits, Grilled Kielbasa, Green Bean Almandine &amp; Carrots</p> <p>Boston Cream Pie<br/>Fruit of the Week:</p> | <p><b>Dinner</b></p> <p>Salmon Burger w/ Potato Wedges &amp; Greek Salad</p> <p>Pork Schnitzel, Roasted Potatoes, Corn &amp; Cauliflower</p> <p>Ice Cream Drumstick<br/>Fruit of the Week:</p>                            | <p><b>Dinner</b></p> <p>Roast Beef, Gravy, Mini Yorkshire Pudding, Scalloped Potatoes &amp; California Mix</p> <p>Assorted Cupcakes<br/>Fruit of the Week:</p>                                 |