

PLEASE REMEMBER TO  
SIGN UP FOR MEALS THE  
WEDNESDAY BEFORE.

# August 2019

SPECIAL MENU  
IS THURSDAY,  
AUGUST 8TH

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<i>MILK IS SERVED ON A DAILY BASIS.</i>				<i>1 Baked salmon Parsley potatoes Broccoli/carrots 1 slice white bread Apple</i>	<i>2 Roast pork/gravy Yams Green beans 1 slice 12 grain bread Chocolate mousse</i>	<i>3</i>
<i>4</i>	<i>5 Tuna salad w/bun Broccoli soup Pickled beets 1pk crackers Cantaloupe</i>	<i>6 Roast beef/gravy Parslied potatoes Green peas 1 slice white bread Pineapple</i>	<i>7 Pizza w/peppers, onions, mushrooms &amp; pepperoni Tossed salad Watermelon</i>	<i>8 SPECIAL MENU BBQ chicken breast Pasta salad Mixed vegetables Wheat roll Vanilla ice cream</i>	<i>9 Stuffed cabbage Whipped potatoes Carrots 1 slice 9 grain bread Cinnamon applesauce</i>	<i>10</i>
<i>11</i>	<i>12 Herbed chicken Peas &amp; carrots Cole slaw 1 slice rye bread Cookie</i>	<i>13 Meatballs /roll Sauce &amp; cheese Red potatoes Mixed vegetables Cantaloupe</i>	<i>14 Chicken salad French fries 1 slice 12 grain bread Peaches</i>	<i>15 Turkey w/gravy Whipped potatoes Mixed vegetables 1 slice wheat bread Brownie</i>	<i>16 Baked haddock Broccoli/cauliflower 1 slice wheat bread Cinnamon applesauce</i>	<i>17</i>
<i>18</i>	<i>19 Kielbassi/bun Whipped potatoes Sauerkraut Apricots</i>	<i>20 Cheeseburger/bun Green beans Cheesy hash browns Orange</i>	<i>21 Club sandwich Cauliflower soup 1 pack crackers Banana</i>	<i>22 Roast beef/gravy Whipped potatoes Glazed carrots Dinner roll Butterscotch pudding</i>	<i>23 Pizza w/peppers, Onions, mushrooms &amp; pepperoni Tossed salad Nectarine</i>	<i>24</i>
<i>25</i>	<i>26 Ziti w/meat sauce Tossed salad Mixed vegetables 1 slice Italian bread Cinnamon applesauce</i>	<i>27 Roast turkey/gravy Whipped yams Green beans 1 slice rye bread Cake w/frosting</i>	<i>28 Chicken marsala Carrots 1 slice white bread Garlic/parmesan orzo Fresh fruit</i>	<i>29 Beef stroganoff Peas Oranges &amp; pears</i>	<i>30 Hot dog/bun French fries Mixed vegetables Cantaloupe</i>	<i>31</i>