


# August 2010

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Monday	Tuesday	Wednesday	Thursday	Friday
2 Sweet & sour chicken Oriental Vegetable Blend Rice Tropical Fruit Salad Grape juice Wheat bread	3 <b><u>Ohio State Fair Day</u></b> Hunter's Veal Mixed Vegetable Scalloped Potatoes Citrus Fruit Salad Potato Roll Gingersnap Cookie	4 Spaghetti Sauce with Meat Pasta Green beans Sliced Pears Orange juice Garlic Toast	5 <b><u>Farmers Market Week</u></b> Roast Turkey and Gravy Mashed Potatoes California Blend Vegetables Apricots Sourdough Roll Chocolate Pudding Diet Chocolate Pudding	6 Lemon Chicken Parslied Noodles Broccoli 3 Bean Salad Sliced Peaches Wheat bread
9 Chicken Tetrizzini Wax Beans Fruit Compote Grape Juice Potato roll	10 Pork chop with gravy Alt: Beef Pepper Patty Baked Potato/Sour cream Carrots Sliced Peaches Multigrain rolls	11 <b><u>PGA Championship</u></b> Honey Mustard Chicken Sweet Potatoes California Vegetable Blend Fruit Cocktail Knotted Wheat Roll Cherry crisp Alt: Sweet Cherries	12 Chef Salad Diced Pears Pasta Salad Saltine Crackers Ranch Dressing	13 Lemon Pepper Crumb Cod Corn Rice Pilaf Apricots Tomato juice Wheat bread Tartar sauce
16 Raspberry Chicken Oven Browned Potatoes Peas & Carrots Mandarin Oranges Cracked Wheat Roll	17 Liver & Onions Alt: Salisbury Steak Mashed Potatoes Capri Vegetable Blend Banana Sourdough Roll	18 Macaroni & Cheese Alt: Turkey Stewed Tomatoes Brussel Sprouts Fruited Gelatin Salad Wheat Bread Peach Crisp/Diet Crisp	19 <b><u>Whole-Grains for Health</u></b> Pork Roast Alt: Chicken breast Sweet Potatoes Corn on the Cob Plums Multigrain Roll Tapioca Pudding/Diet Pudding	20 Cheese burger/Bun Mixed Vegetables Hash Brown Casserole Tropical Fruit Ketchup, Mustard
23 Lasagna Cottage Cheese Lima Beans Orange juice Applesauce Garlic Bread	24 Braised Beef Tips Noodles Broccoli Pickled Beets Fruit Compote Potato Roll	Ham LS Alt: Turkey Burger Sweet Potatoes Steamed Spinach Diced Pears Knotted Wheat Roll Blueberry Crisp/ Alt: Blueberries	26 Tahitian Chicken Mashed Potatoes Italian Blend Vegetables Apple Sourdough Roll	27 <b><u>Birthday Bash</u></b> Tuna & Noodle Casserole Alt: Chicken & Noodles Corn on the cob Pineapple & Oranges Grape Juice Wheat bread Birthday Cake
30 BBQ Chicken Peas Apricots Au Gratin Potatoes Multigrain Roll	31 Fish Sandwich/Tartar Sauce American Cheese Hawaiian Cole Slaw Parslied Potatoes Diced Peaches Chocolate Chip Cookie	Choice of Milk Included With Each Meal		LS Alt= Low Sodium Alt LF Alt=Low Fat Alt  These items need to be ordered in advance, please.

