



# Menu AUGUST 2022

**Menu Key**  
 \* Vitamin A Source  
 + Vitamin C Source  
 # High Salt  
 @ Spicy  
 V No Meat, made with vegetable base  
 \*\* Menu has changed since first print

| August 1   |  | August 2  |  | August 3  |  | August 4   |  | August 5  |  |
|--|--|---|--|---|--|--|--|---|--|
| V+ Tuscan Bean Stew with Tofu, Brown Rice, Normandy Blend Vegetables                                   |  | + Baked Chicken Cordon Bleu, Herb Mashed Potatoes, Carrots with Broccoli  |  | + Shepherd's Pie, Capri Blend Vegetables,                                 |  | *+ Chinese Chicken Salad, Wheat Roll   |  | + Beef Teriyaki, Vegetable Fried Rice, Stir Fry Vegetables  |  |
| August 8   |  | August 9  |  | August 10   |  | August 11  |  | August 12   |  |
| V*+ Green Chile Cheese Square Topped with Chunky Salsa and Sour Cream, Carrots with Onions, Wheat Roll |  | *+ Zesty Lasagna (Turkey), Green Beans with Carrots                       |  | + Chicken Jambalaya with Rice, Normandy Blend Vegetables                  |  | + Pork Chile Colorado, White Rice, Normandy Blend Vegetables                                     |  | *+ BBQ Beef, Mashed Sweet Potatoes, Green Beans with Onions |  |
| August 15  |  | August 16   |  | August 17   |  | August 18  |  | August 19   |  |
| V Lentil Stew, Brown Rice, Capri Blend Vegetables  |  | + Brown Sugar Chicken, Herb Roasted Potatoes, Normandy Blend Vegetables   |  | Szechuan Pork, Fried Rice, Stir Fry Vegetables                            |  | + Pasta Salad with Hard Boiled Egg (Celery, Onion, Bell Pepper, Mayonnaise, Mustard), Wheat Roll |  | + Baked Ziti (Turkey), Italian Green Beans                  |  |
| August 22  |  | August 23   |  | August 24   |  | August 25  |  | August 26   |  |
| V*+ Santa Fe Mac and Cheese, Carrots with Onions, Wheat Roll   |  | *+ Roast Beef, Herb Mashed Potatoes with Gravy, Broccoli with Carrots     |  | * Baked Chicken with Mushroom Sauce, Creamy Pasta, Capri Blend Vegetables |  | + Chef's Salad with Turkey and Ham (Carrot, Tomato, Cheese), Wheat Roll                          |  | + Roasted Turkey ,Bread dressing,seasoned peas and carrots  |  |
| August 29  |  | August 30   |  | August 31   |  |  |  |   |  |
| V* Cheese Pasta Bake with Basil Pesto and Spinach, Broccoli with Carrots, Wheat Roll                   |  | + Beef Taco Casserole with Cheese, Black Beans, Carrots with Bell Peppers |  | + White Chili with Chicken, Green Beans, Cornbread                        |  |  |  |   |  |



# Menu SEPTEMBER 2022

**Menu Key**  
 \* Vitamin A Source  
 + Vitamin C Source  
 # High Salt  
 @ Spicy  
 V No Meat, made with vegetable base  
 \*\* Menu has changed since first print

| September 1  |   | September 2  |   |   |
|--|---|--|---|---|
| + Pork Carnitas, Spanish Rice, Carrots with Bell Peppers and Onions                                    |   | + Zesty Lasagna (Turkey), Italian Green Beans                |   |   |
| September 5  | September 6   | September 7  | September 8   | September 9   |
| <b>Closed</b>  | + Baked Ham with Pineapple Sauce, Roasted Potatoes, Normandy Blend Vegetables | Chicken Piccata, Garlic Mashed Potatoes, Italian Green Beans | + Rigatoni with Meat Sauce (Turkey), Normandy Blend Vegetables              | + Salisbury Steak with Onions, Roasted Potatoes, Carrots with Broccoli              |
| September 12   | September 13  | September 14   | September 15  | September 16  |
| V*+ Green Chile Cheese Square Topped with Chunky Salsa and Sour Cream, Carrots with Onions, Wheat Roll | + Baked Pork Chop with Honey Glaze, Rice Pilaf, Normandy Blend Vegetables     | + Baked Ziti with Turkey, Italian Green Beans, Wheat Roll    | + Old Fashioned Meatloaf, Herb Mashed Potatoes with Gravy, Peas and Carrots | *+ Chicken Enchilada with Green Sauce, Black Beans, Carrots with Bell Peppers       |
| September 19   | September 20  | September 21   | September 22  | September 23  |
| V*+ Santa Fe Mac and Cheese, Normandy Blend Vegetables, Wheat Roll                                     | *+ BBQ Chicken, Sweet Potato Fries, Carrots with Onions                       | *+ Shepherd's Pie, Carrots with Broccoli                     | Szechuan Pork, Fried Rice, Stir Fry Vegetables                              | + Roasted Turkey with Gravy, Bread Dressing (aka "Stuffing"), Carrots with Broccoli |
| September 26   | September 27  | September 28   | September 29  | September 30  |
| V Lentil Stew, Brown Rice, Capri Blend Vegetables, Wheat Roll  | + Swedish Meatballs (Turkey), Creamy Pasta, Normandy Blend Vegetables         | Pork Chile Colorado, Baked Beans, Carrots with Onions        | + Beef Teriyaki, Fried Rice, Stir Fry Vegetables                            | + White Chili with Chicken, Green Beans, Cornbread                                  |