

~MENU~
August 2010



- Mon 2 **BEEF & MACARONI CASSEROLE**, Winter Mix Vegetables, Red & White Slaw, Whole Wheat Roll, Peaches
**Roasted Ham w/Cranberry Sauce, Red Potatoes, Winter Mix Vegetables, Red & White Slaw, Whole Wheat Roll, Peaches*
- Tue 3 **SLICED ROAST TURKEY W/GRAVY**, Mashed Potatoes, Scandinavian Vegetables, Tossed Salad w/French Dressing, Whole Wheat Roll, Peanut Butter Pie
**Roast Beef & Cheese Sandwich, Minestrone Soup, Tossed Salad w/French Dressing, Peanut Butter Pie*
- Wed 4 **BAKED FISH W/LEMON DILL SAUCE**, Tri Cut Potatoes, Peas & Carrots, Spinach & Red Cabbage Salad, Whole Wheat Roll, Orange
**Seasoned Sour Cream Chicken, Tri Cut Potatoes, Peas & Carrots, Spinach & Red Cabbage Salad, Whole Wheat Roll, Orange*
- Thu 5 **SAVORY BAKED CHICKEN**, Rice, Capri Mix, Carrot Raisin Salad, Whole Wheat Roll, Apple
**Tuna Salad Sandwich Southwest Bean Soup, Capri Mix, Carrot Raisin Salad, Apple*
- Fri 6 **ROAST PORK W/GRAVY**, Couscous, Broccoli Normandy, Tossed Salad w/Italian Dressing, Whole Wheat Roll, Bread Pudding
**Chili Dog, Potato Wedges, Broccoli Normandy, Tossed Salad w/Italian Dressing, Bread Pudding*
- Mon 9 **CHEESE MANICOTTI**, Italian Vegetables, Tossed Salad w/Thousand Island, Whole Wheat Roll, Grapes
**Breakfast Casserole, Hash Browns, Italian Vegetables, Tossed Salad w/Thousand Island, Whole Wheat Roll, Grapes*
- Tue 10 **BATTERED TILAPIA**, Tri cut Potatoes, Vegetarian Dinner Blend, Marinated Green Beans, Whole Wheat Roll, Mandarin Orange Gelatin
**Ham & Cheese Sandwich, Harvest Vegetable Soup, Marinated Green Beans, Mandarin Orange Gelatin*
- Wed 11 **CHICKEN A LA KING**, Winter Mix, Tossed Salad w/Italian Dressing, Buttermilk Biscuit, Apple Juice
**Vegetarian Pizza, Winter Mix, Tossed Salad w/Italian Dressing, Apple Juice*
- Thu 12 **SPAGHETTI W/MEAT SAUCE**, Oregon Bean Medley, Spinach Salad w/Ranch Dressing, Whole Wheat Roll, Banana
**Sliced Turkey Sandwich, Roasted Vegetable & Radiatore Soup, Spinach Salad w/Ranch Dressing, Banana*
- Fri 13 **DIJON TURKEY**, Mashed Potatoes, Peas, Cabbage & Pepper Slaw, Whole Wheat Roll, Carrot Cake
**Swiss & Mushroom Burger, JoJo's, Peas, Cabbage & Pepper Slaw, Carrot Cake*

- Mon 16 **OPEN FACED SLOPPY JOE**, Tri Cut Potatoes, Flavor Fiesta Vegetables, Tossed Salad w/Italian Dressing, Pears
**Chicken Basil Sausage, Tri Cut Potatoes, Flavor Fiesta Vegetables, Tossed Salad w/Italian Dressing, Whole Wheat Roll, Pears*
- Tue 17 **MEAT LOAF**, Mashed Potatoes, Green Beans , Layered Salad, Whole Wheat Roll, Applesauce
**Submarine Sandwich, Tortilla w/Chicken Soup, Green Beans, Layered Salad, Whole Wheat Roll, Applesauce*
- Wed 18 **CHICKEN PROVENCE**, Rice , Winter Mix, Marinated Beets, Whole Wheat Roll, Russian Cream w/Cherries
**Krab & Cheese Quiche, Winter Mix, Marinated Beets, Whole Wheat Roll, Russian Cream w/Cherries*
- Thu 19 **SLICED ROAST PORK**, Baked Potato, Peas, Asian Coleslaw, Whole Wheat Roll, Banana
**Corned Beef Sandwich, French Onion Soup, Peas, Asian Coleslaw, Banana*
- Fri 20 **BAKED FISH W/CUCUMBER DILL SAUCE**, *Rice Pilaf, Diced Carrots, Creamy Coleslaw, Whole Wheat Roll, Strawberry Cheesecake*

**Liver & Onions, Mashed Potatoes, Diced Carrots, Creamy Coleslaw, Whole Wheat Roll, Strawberry Cheesecake*
- Mon 23 **CHEESE RAVIOLI W/MARINARA SAUCE**, Italian Vegetables, Spinach & Red Cabbage Salad, Whole Wheat Roll, Mandarin Oranges
**Sliced Turkey w/Gravy, Mashed Potatoes, Italian Vegetables, Spinach & Red Cabbage Salad, Whole Wheat Roll, Mandarin Oranges*
- Tue 24 **TUNA TETRAZINI**, Vegetarian Dinner Blend Vegetables, Italian Coleslaw, Whole Wheat Roll, Banana
**Egg Salad Sandwich, Garden Vegetable Soup, Vegetarian Dinner Blend Vegetables, Italian Coleslaw , Banana*
- Wed 25 **CHICKEN SUBGUM**, Brown Rice , Oregon Bean Medley, Tossed Salad w/Italian Dressing, Whole Wheat Roll, Raspberry Gelatin
**Cowboy Pizza, Oregon Bean Medley, Tossed Salad w/Italian Dressing, Raspberry Gelatin*
- Thu 26 **SWEDISH MEATBALLS**, Spiral Noodles, Broccoli Normandy, Patio Salad, Whole Wheat Roll, Apple
**Pastrami Sandwich, Bean w/Ham Soup, Broccoli Normandy, Patio Salad, Apple*
- Fri 27 **BAKED CHICKEN W/COUNTRY GRAVY**, Mashed Potatoes, Whole Baby Carrots, Tossed Salad w/French Dressing, Whole Wheat Roll, Pineapple Upside Down Cake
**Fishwich, Potato Wedges, Whole Baby Carrots, Tossed Salad w/French Dressing, Pineapple Upside Down Cake*



Mon 30 **BBQ CHICKEN**, Roasted Red Potatoes, Capri Mix, Four Bean Salad, Whole Wheat Roll, Orange
**Roast Beef w/Gravy, Roasted Red Potatoes, Capri Mix, Four Bean Salad, Whole Wheat Roll, Orange*

Tue 31 **MEAT LOAF W/GRAVY**, Garlic Mashed Potatoes, Peas & Carrots, Tossed Salad w/Italian Dressing,
Whole Wheat Roll, Chocolate Mousse
**Asian Chicken Wrap, Asian Style Chicken Noodle Soup, Tossed Salad w/Italian Dressing, Chocolate Mousse*