"we are a sign of excellence"

AUGUST 2012 Congregate Nutrition Monthly Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 4 oz. Baked Chicken 4 oz. Sweet Potatoes 4 oz. Cabbage 1 Fresh Peach 1 Roll w/ Butter 1 Apple Juice 739 cal	2 4 oz. Salisbury Steak 4 oz. Rice 4 oz. Broccoli 4 oz. Watermelon 1 Roll w/ Butter 1 Orange Juice 678 cal	3 4 oz. Seasoned Tilapia 4 oz. Macaroni & Cheese 4 oz. Greens 1 Fresh Banana 1 Roll w/ Butter 1 Grape Juice 607 cal
6 4 oz. BBQ Chicken 4 oz. Corn 4 oz. California Blend 1 Fresh Peach 1 Roll w/ Butter 1 Orange Juice 906 cal	7 4 oz. Beef Stir-Fry 4 oz. Rice 4 oz. Italian Blend Vegetables 1 Banana 1 Roll w/ Butter 1 Apple Juice 815 cal	8 4 oz. Turkey Roast 4 oz. Stuffing 4 oz. Mixed Vegetables 1 Orange 1 Slice of Bread w/ Butter 1 Grape Juice 706 cal	9 8 oz. Spaghetti & Meat Sauce 4 oz. Mixed Vegetables 4 oz. Garden Salad 4 oz. Watermelon 1 Roll w/ Butter 1 Orange Juice 619 cal	10 4 oz. Turkey Burger w/ Lettuce & Tomato 4 oz. Pasta Salad 1 Fresh Banana 1 Apple Juice 622 cal
13 8 oz. Oven Fried Chicken 4 oz. Sweet Potatoes 4 oz. Greens 1 Orange 1 Roll w/ Butter 1 Grape Juice 676 cal	14 4 oz. Tuna Fish Sandwich w/ Lettuce & Tomato 4 oz. Macaroni Salad 4 oz. Watermelon 1 Orange Juice 664 cal	15 4 oz. Swedish Meatballs 4 oz. Egg Noodles 4 oz. Green Beans 1 Fresh Peach 1 Roll w/ Butter 1 Apple Juice 974 cal	16 8 oz. Baked Chicken 4 oz. Roasted Potatoes 4 oz. Mixed Vegetables 1 Orange 1 Sliced of Bread w/ Butter 1 Grape Juice 717 cal	17 4 oz. Italian Sausage w/ Sautéed Onions & Peppers 4 oz. Roasted Potatoes 4 oz. Cabbage 1 Banana 1 Roll w/ Butter 1 Orange Juice 1,049 cal
20 4 oz. Cheeseburger on Wheat Bun 4 oz. Pasta Salad 4 oz. Tossed Salad 1 Fresh Peach 1 Apple Juice 856 cal	21 4 oz. Lasagna 4 oz. California Blend Vegetables 4 oz. Mixed Green Salad 4 oz. Watermelon 1 Roll w/ Butter 1 Grape Juice 554 cal	22 4 oz. Meatloaf w/ Gravy 4 oz. Rice 4 oz. Green Beans 4 oz. Grapes 1 Roll w/ Butter 1 Apple Juice 608 cal	23 4 oz. Chicken Sandwich w/ Lettuce & Tomato 4 oz. Coleslaw 4 oz. Potato Salad 1 Banana 1 Orange Juice 752 cal	24 4 oz. Oven Fried Fish 4 oz. Macaroni & Cheese 4 oz. Greens 1 Orange 1 Sliced of Bread w/ Butter 1 Grape Juice 793 cal
27 4 oz. Chicken Parmesan 4 oz. Spaghetti Noodles in Sauce 4 oz. Italian Blend Vegetables 1 Fresh Peach 1 Roll w/ Butter 1 Apple Juice 721 cal	28 4 oz. Turkey Wrap 4 oz. Pasta Salad 4 oz. Mixed Salad 4 oz. Grapes 1 Roll w/ Butter 1 Orange Juice 776 cal	29 4 oz. Seasoned Tilapia 4 oz. Roasted Potatoes 4 oz. Broccoli 4 oz. Watermelon 1 Roll w/ Butter 1 Grape Juice 675 cal	30 4 oz. Chicken Sandwich w/ Lettuce & Tomato 4 oz. Potato Salad 1 Banana 1 Apple Juice 670 cal	31 4 oz. Pepper Steak 4 oz. Rice 4 oz. Green Beans 1 Fresh Orange 1 Roll w/ Butter 1 Orange Juice 655 cal