GFS Catering, Inc.

August 2012 Ward 7 & 8 Senior Lunch Service

6oz Berry Juice, Daily Items: 1/2c Salad dressing w/Garden Salads

Monday	Tuesday	Wednesday	Thursday	Friday
		1 3 oz Baked Chicken Breast 1/2c Yellow Squash 1/2c Spinach 1 Fresh Orange 1 sl Wheat Bread 8 oz Milk 1% 1 tb margarine	**2** 3 oz White Tuna Salad w/Bun 1/2c Veggie Macaroni Salad 1/2c Green Beans 1/2c Fresh Fruit Cup 1 Bun 8 oz Milk 1%	**3** 3 oz Grilled Fish w/Bun 1/2c W K Corn 1/2c Mixed Greens 1/2c Pineapple Tibits 1 Bun 1pk mustard /ketchup 8oz Milk 1 %
6 3oz 3-Pasta Diced Chicken Salad 1/2c Glazed Carrots 1/2c Green Beans 1/2c Fruit Cup 6 Wheat Crackers 8oz Milk 1%	**7** 3 oz Meatloaf w/Gravy 1/2c Spinach 1/2c Buttered Mashed Potatoes 1/2c Diced Pears 1 sl Wheat Bread Milk 1% 1tb Margarine	**8** 3 oz Baked Chicken Leg 1/2c Collard Greens 1/2 c Potato Salad 1/2c Yogurt 1sl Wheat bread 8oz Milk 1% 1tb margarine	**9** 3 oz Lemon Herb Baked Fish 1/2c Broccoli Florets 1/2c Red Beans & Rice 2 Pineapple Slices 1sl Wheat Bread 8oz Milk 1% 1tb margarine	**10** 3 oz Beef Pattie w/green peppers 1/2c Seasoned Red Potatoes 1/2c Coleslaw 1 Fresh Orange 1 sl Wheat Bread 8oz Milk 1 % 1tb margarine
13 3 oz Baked Chicken 1/2c Cool Blackeye Peas 1/2c Kale Greens 1/2c Peaches 1 sl Wheat Bread 8oz Milk 1% 1tb margarine	**14** 3 oz Baked Turkey w/Gravy 1/2c Macaroni Salad 1/2c Vegetable Medley 1/2c Cantaloupe 1 sl Wheat Bread 8oz Milk 1% 1tb margarine	**15** 3 oz BBQ Baked Chicken Breast 1/2c Carrot/Raisin/Pineapple Mix 1/2c Spinach 1 Fresh Banana 1 sl Wheat Bread 8oz Milk 1% 1tb margarine	**16** 3 oz Salmon Cakes 1/2c Green Beans 1/2c Brown Wild Rice 1/2c Slice Watermelon 1 sl Wheat Bread 8oz Milk 1% 1tb margarine	**17** 5 oz Italian Dice Chicken Pasta Salad 1/2c Glazed Carrots 1/2c Broccoli Florets 1/2c Fresh Mix Fruit Cup 6 Wheat Crackers 8oz Milk 1 %
20 3 oz Meatloaf w/Tomato Sauce 1/2c Mixed Greens 1/2c Yellow Rice 1/2 c Pears 1sl Wheat Bread 8oz Milk 1% 1tb margarine	**21** 3 oz Diced Turkey Salad 1/2c Seasoned Kidney Beans 1/2c Collard Greens 1/2c Melon Cup 6 Wheat Crackers 8oz Milk 1%	**22** 3oz Oven Fried Fish Square 1/2c Veggie Macaroni Salad 1/2c Green Beans 1/2c Fruit Cocktail 1 sl Wheat Bread 8oz Milk 1% 1tb margarine	3oz Grilled Frankfurter/Bun **23** 1/4c Green Peppers 1/2c Vegetarian Baked Beans 1/2c Garden Salad w/dressing 1/2c Coleslaw 1 Fresh Orange 8oz Milk I Bun	**24** 3 oz Fresh Turkey & Cheese Sand 1/2c Lettuce & Tomato 1/2c Mixed Veggies 1 Fresh Plum 2 sl Wheat Bread 8oz Milk 1 % 1 pk Mustard/Ketchup
3 oz Meatballs w/Gravy (4) **27** 1/2c Buttered Noodles 1/2c Oriental Vegetables 1/2c Garden Salad w/dressing 1/2c Sherbet 1 sl Wheat Bread 8 oz Milk 1% 1tb margarine	**28** 3 oz Grilled Turkey Burger/Bun 1/2 c Macaroni & Cheese 1/2 c Spinach 1/2c Orange, Banana, Grapes, Raisin 1 Bun 1pk Ketchup/Mustard 8 oz Milk 1%	**29** 3 oz Baked Chicken Breast 1/2c Red Beans & Rice 1/2c Collard Greens 1/2c Mixed Melon Cubes 1 sl Wheat Bread 8 oz Milk 1% 1 tb margarine	3oz Salisbury Steak w/Gravy **30** 1/2c Yellow Squash 1/2c Kale Greens 1/2c Brown Rice 1/2c Yogurt 1 sl Wheat Bread 8 oz Milk 1% 1 tb margarine	**31** 3 oz Meat Sauce w/1 c Spaghetti 1/2 c Vegetable Medley 1/2 c Fancy Garden Salad w/dressing 1/2 c Fruit Coctail 1 sl Wheat Bread 8 oz Milk 1% 1 tb margarine