

DCOA Home Delivered Meals- AUGUST 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
07/30 *Cheese Tortellini & Italian Sausage W/ Alfredo Sauce (7 oz) *Spinach (1/2 Cup) *Mixed Vegetables (1/2 Cup) *Parker House Roll (1) *1% Milk (8 oz) *Whole Orange (1) **Vegetarian Option** *Cheese Tortellini W/ Vegetarian Sausage	07/31 *Roast Turkey Salad (3oz) *W.W. Bread (2 sl.) *Lettuce (1 slice) *Veg. Barley Soup (6 oz.) *Green Salad (1 cup) *100% Fruit Juice (6 oz) *Fruit Yogurt (6 oz) **Vegetarian Option** **Egg Salad Sandwich**	08/01 *Broiled Salmon (3 oz.) *Gnocchi W/ Sauce (1/2 Cup) *Green Beans (1/2 Cup) *Green Salad (1 cup) *Slice W.W. Bread (1 sl) *8 oz. 1% Milk *Banana **Vegetarian Option *Gnocchi W/ Spinach And Mushrooms In A Cream	08/02 *Smoked Turkey Breast (3oz) *W.W. Sliced (2 sl.) *Lettuce (1 ea) *Potato & Leek Soup (6 oz) *Mayonnaise Packet (1) *Sliced Beets (1/2 Cup) *Fruit Yogurt (6 oz) *100% Juice (4 oz) **Vegetarian Option** *Egg Salad	08/03 *Grilled Chicken Breast (3oz) *Angel Hair Pasta (4 oz) W/ Tomato Garlic Sauce *Black Bean And Corn Salad (1/2 Cup) *Green Salad (1 cup) *Italian Breadstick (1) *100% Juice (6 oz) *Fruit Yogurt (6 oz) **Vegetarian Option** *Lentil & Cilled Veggie Wrap	08/04 *Beef Stroganoff (5 oz.) *Rice Pilaf (1/2 Cup) *Sautéed Baby Carrots (1/2 Cup) *Kale Salad (1 cup) *Whole Apple (1) *1% Milk (8 oz) *Italian Breadstick (1) **Vegetarian Option** **Portobello Cheese Omelette**	08/05 *Egg Salad (3 oz.) *Lettuce & Tomato (1ea) *Green Salad (1 Cup) *Sliced Beets (1/2 cup) *Orange Juice (6oz) *Yogurt (6 oz) *Sliced W.W. Bread (2 sl) **Vegetarian Option** *Egg Salad
08/06 Salisbury Steak W/ Gravy (1 pc) *Mashed Potatoes (1/2 Cup) *Yellow Squash (1/2 Cup) *Green Salad (1cup) *Parker House Roll (1) *Orange Juice (6 oz) *Fruit Yogurt (6 oz) *Vegetarian Option** *Curried Tofu	08/07 *Chicken Salad (3oz) *Lettuce Filet (1 ea) *Wheat Bread (2 sl.) *Cole Slaw (1/2 Cup) *Sliced Beets (1/2 Cup) *Whole Orange (1) *8 oz. 1% Milk **Vegetarian Option** *Veggie & Cheese Roll Up	08/08 *Oven Fried Chicken Drumsticks (2) *Macaroni & Cheese (1/2 Cup) *Green Beans (1/2 Cup) *Green Salad (1 cup) *Whole Grain Roll (1) *100% Orange Juice (6 oz.) *Fruit Yogurt (1) **Vegetarian Option**	08/09 *Tuna Salad (3 oz.) *Carrot & Raisin Salad (1/2 Cup) *Lettuce & Tomato (1 ea) *Slice Whole Bread (2 sl) *Vegetable Soup (6 oz) *Apple Sauce (1/2 Cup) *8 oz. 1% Milk **Vegetarian Option** **Potato & Carrot Sauté W/	08/10 *Oven Fried Pollack (1 pc) *Tartar Sauce (1 packet) *Potato Wedges (1/2 Cup) *Steamed Kale (1/2 Cup) *Italian Veggie Blend (1/2 Cup) *Whole Bannana (1) *8 oz. 1% Milk *2 oz. W.W. Dinner Roll **Vegetarian Option** *Tofu & Black Bean Sauce	08/11 *Meat Lasagna (7 oz) *Spinach (1/2 Cup) *Caesar Salad (1 cup) *2 oz. W.W. Dinner Roll *Orange juice (6oz) *Fruit Yogurt (6 oz) **Vegetarian Option** *Veggie Lasagna (6 oz)	08/12 *Grill Chicken Sandwich (3oz) *Leaf Lettuce (1 ea) *Whole Grain Roll (2 oz) *Marinated Tomato Salad (1/2 Cup) *Cole Slaw (1/2 Cup) *1% Milk (8 oz) *Whole Apple (1) **Vegetarian Option** *Eggplant & Mozzarella Sandwich
08/13 *Cajun Blacken Chicken (3oz.) *Penne Pasta Alfredo (1/2 Cup) *Baby Carrots (1/2 Cup) *Green Salad (1cup) *Whole Grain Roll (1) *100% Orange Juice (6oz) *Fruit Yogurt (6 oz) **Vegetarian Option** **Penne Alfredo W/ Spinach & Ricotta	08/14 *Baked Pork Chop W/ Gravy *Baked Sweet Potato (1) *Broccoli (1/2 Cup.) *Beets (1/2 Cup) *Dinner Roll *8oz. 1% Milk *Whole Orange (1) *Vegetarian Option** *Tofu and Spinach Stir Fry	08/15 *Rotisserie Chicken (1 pc) *Gnocchi W/ Cream Sauce (1/2 Cup) *Italian Blend Veggies (1/2 Cup) *Green Salad (1 cup) *Wheat Roll (1) *Orange juice (4 oz.) *Fruit Yogurt **Vegetarian option** **Veggie Burger W/ Gravy	08/16 *Baked Ziti W/Beef (8 oz.) *Spinach (1/2 Cup) *Caesar Salad (1 cup) *Whole Grain Roll (1 oz) *Whole Apple (1) *8 oz. 1% Milk (1) **Vegetarian option** **Baked Ziti W/Ricotta Cheese	08/17 *Seafood Pasta Salad (8 oz) *White Bean Soup (6 oz) *Sliced Beets (1/2 Cup) *Whole Grain Roll (1) *Orange Juice (6 oz) *Yogurt (6 oz) **Vegetarian Option** Cheese Tortellini Salad	08/18 **Chicken & Waffles** *Buttermilk Waffle (1 pc) *Oven Fried Chicken Tenders (2 pc) *Collard Greens (1/2 Cup) *Cinnamon Apples (1/2 Cup) *Carrot & Raisin Salad (1/2 Cup) *Milk (8 oz) *Butter & Syrup (1 ea) *Vegetarian Option* **Chix Less Nuggets**	08/19 *Pulled Turkey BBQ (4 oz) *Rice Pilaf (1/2 Cup) *Baby Carrots (1/2 Cup) *Corn (1/2 Cup) *Whole Grain Bun (2 oz) *1% Milk (8oz) *Diced Pineapple (1/2 Cup) **Vegetarian Option** *Pulled Jack Fruit Barbecue
08/20 *Tex Mex Beef Chili W/ Kidney Beans (8 oz.) *Baked Potato (1/2 Cup) *Green Salad (1 Cup) *Mixed Vegetables (1/2 Cup) *Whole Pear (1) *1% Milk (8oz) **Vegetarian Option** *Vegetarian Chili	08/21 *Curry Chicken (1 pc) *Brown Rice (1/2 Cup) *Corn (1/2 Cup) *Zucchini (1/2 Cup) *Whole Grain Dinner Roll (1) *1% Milk (1) *Fruit Cocktail (4 oz) **Vegetarian Option** *Veggie & Bean Curry (4 oz.)	08/22 *Curried Beef Stew (8 oz) *Egg Noodles (1/2 Cup) *Green Beans (1/2 Cup) *Spinach (1/2 Cup) *Whole Grain Roll (1) *8 oz. 1% Milk *Whole Orange (1) **Vegetarian Option** *Portobello Mushroom Sand.	08/23 *Chicken Picatta (1 pc) *Orzo Pasta W/ Gravy (1/2 Cup) *Baby Carrots (1/2 Cup) *Kale Salad (1 cup) *Grape Juice (4 oz.) *Parker House Roll (1) *Fruit Yogurt **Vegetarian Option** **Crispy Okra & Tofu Stir Fry	08/24 *Broiled Flounder (1 pc) *Mashed Potatoes (1/2 Cup) *Green Peas (1/2 Cup) *Sliced Beets (1/2 Cup) *Dinner Roll (1) *1% Milk (8oz) *Apple Sauce (1/2 Cup) **Vegetarian Option** *Spinach & Feta croissant	08/25 *Western Omelets (1) *Home fried Potatoes (1/2 Cup) *Sautéed Peppers & Onions (2 oz) *Stewed Tomatoes (1/2 Cup) *Biscuit (1) *Banana (1) *8 oz. 1% Milk **Vegetarian Option** **Cheese Omelets	08/25 *Chefs Salad *1 oz. Turkey *1 oz. Turkey Ham *1 oz. Swiss Cheese *Green Salad (2 Cups) *Dinner Roll (1 pc) *Pasta Primavera (1/2 Cup) *100% Orange Juice (1) *Yogurt (1) **Vegetarian Option** *Lentil Salad
08/26 *Oven Fried Chicken Leg (2pc) *Mashed Potatoes (1/2 cup) *Yellow Squash (1/2 cup) *Cole Slaw (1/2 cup) *Corn Bread (1 pc) *Milk (8oz) *Apple (4 oz) **Vegetarian Option** *Chix Less Nuggets	08/27 *Tuna Salad (3oz) Sandwiches *Sliced W.W. Bread (2 sl) *Lettuce & Tomato (1ea) *Green Salad (1 cup) *Vegetable Soup (6 oz) *Orange Juice (6oz) *Yogurt (6 oz) *Crackers (1 pkg) **Vegetarian Option** *Egg Salad Sandwich	08/28 *Sirloin Tips (3 oz) w/ Gravy *Rice Pilaf (1/2 cup) *Green Beans (1/2 cup) *Green Salad (1 cup) *Whole Grain Roll (1 oz) *Orange (1/2 cup) *Milk (8 oz) *Vegetarian Option* *Spinach & Feta Croissant	08/29 *Chefs Salad *1 oz. Turkey *1 oz. Ham *1 oz. Swiss Cheese *Green Salad (2 cups) *Dinner Roll (1 pc) *Pasta Primavera (1/2 cup) *Yogurt (6oz) *Apple Juice (6 oz) **Vegetarian Option** *Vegan Chicken Salad	08/30 *Mojito Lime Tilapia (3 oz) *Cucumber, Tomato, Red Onion Salsa (2 oz) *Whole Grain Roll (1) *Corn (1/2 cup) *Green Salad (1 cup) *100% Orange Juice (1) *Yogurt (1) *Vegetarian Option* *Tofu w/ Black Bean Sauce	08/31 *Chicken Ala King (6 oz) *Rice Pilaf (1/2 cup) *Sautéed Carrots (1/2 cup) *Broccoli Slaw (1/2 cup) *Orange (1) *8 oz. 1% Milk / Dinner Roll (1) **Vegetarian Option** *Veggie & Cheese Stuffed Portobello	