

Monday, August 3

- **Beef Bolognese**
- Herbed Zucchini
- Caesar Salad
- Orange

Tuesday, August 4

- **Thai Chili Salmon**
- Roasted Carrots
- Cauliflower w/ Herbs
- Fruit Cup

Wednesday, August 5

- **Turkey Caprese Bowl**
- Spinach Salad
- Fruit
- Whole Grain Roll

Thursday, August 6

- **Korean BBQ Beef**
- Steamed Broccoli
- Dill Cucumber Salad
- Tofu Soup

Friday, August 7

- **Turkey Stuffed Bell Peppers**
- Green peas w/ Onions
- Romain Salad
- Fresh Fruit

Monday, August 10

- **Chicken and Rice**
- Pinto Beans
- Cabbage Salad
- Apple

Tuesday, August 11

- **Curried Lentils**
- Squash Soup
- Broccoli
- Quinoa

Wednesday, August 12

- **Beef Stroganoff**
- Carrots
- Mesclun Salad
- Whole Grain Noodles

Thursday, August 13

- **Chicken Cobb Salad**
- Whole Grain Roll
- Vegetable Soup
- Fresh Fruit

Friday, August 14

- **Herb Crusted Tilapia**
- Seasoned Green Beans
- Spinach Kale Salad
- Banana

Monday, August 17

- **Turkey Burger**
- Corn Chowder
- Bakes Beans
- Carrots

Tuesday, August 18

- **Savory Beef Stew**
- Green Peas & Onions
- Mashed Potatoes
- Whole Grain Roll

Wednesday, August 29

- **Chicken Mole**
- Squash Medley
- Spring Salad
- Spanish Brown Rice

Thursday, August 20

- **Baked Fish w/ Marsala Sauce**
- Herbed Cannellini Beans
- Broccoli Salad
- Whole Grain Pasta

Friday, August 21

- **Southwest Chicken Bowl**
- Lentil Soup
- Marinated Bell Peppers
- Shredded Cabbage Salad

Monday, August 24

- **Vegetarian Chili**
- Broccoli
- Mixed Green Salad
- Quinoa Pilaf

Tuesday, August 25

- **Chinese Chicken Salad**
- Egg Drop Soup
- Carrot Pineapple Slaw
- Fresh Fruit

Wednesday, August 26

- **Potato Crusted Pollock**
- Herbed Lentils
- Mushroom Soup
- Whole Grain Bun

Thursday, August 27

- **Turkey Meatloaf**
- Corn
- Spinach Salad
- Banana

Friday, August 28

- **Beef Stir Fry**
- Mixed Asian Vegetables
- Pineapple Sauté Rice
- Hot & Sour Soup

Monday, August 31

- **Tuna Salad**
- Herbed Potato Salad
- Creamy Coleslaw
- Apple

Tuesday, September 1

- **Linguine w/ Meat Sauce**
- Broccoli
- Chopped Salad
- Peach

Wednesday, September 2

- **Tandoori Chicken**
- Peas & Corn
- Spinach Salad
- Fruit Cup

Thursday, September 3

- **Beef Fajitas**
- Fideo Soup
- Pinto Beans
- Spring Salad

- **Menu subject to change**
- **\$3 suggested donation**

