



Lunch

Week 6	Monday July 31	Tuesday Aug 1	Wednesday Aug 2	Thursday Aug 3	Friday Aug 4	Saturday Aug 5	Sunday Aug 6
Soup	Scotch Broth	*Tomato Rice	Cream of Asparagus	Lemon Orzo Chicken	Pasta Fagioli	Cream of Vegetable	Cream of Mushroom
Entrée 1	Tuna Melt on English Muffin	Spinach and Feta Quiche	BBQ Chicken Ranch Salad with Black Beans, Tomato Corn & Fried Torilla	Pasta Salad with Italian Sausage, Tomato & Arugula	Monte Crsito Sandwich	Belgian Waffles & Sausage Link	Baked Beans with Weiners
side	Spinach and Mandarin Orange Salad	Summer Salad	Garlic Toast	Dinner Roll	Potato Salad	Fresh Seasonal Fruit	Mixed Green Salad
Entrée 2	* Grilled Apple & Cheddar on Sourdough	Smoked Turkey Lettuce Tomato Sandwich	Filet of Fish on Bun with Lettuce, Tomato & Tartar Sauce	Pulled BBQ Pork with Cornslaw	Chicken Mango Salad	*Scrambled Egg with Bacon & Toast	Perogies with Sauteed Onions & Bacon
Side	Spinach and Mandarin Orange Salad	Summer Salad	French Fries	Sweet Potato Fries	Ciabatta Bun	Fresh Seasonal Fruit	Mixed Green Salad
Dessert	Assorted Desserts	Assorted Desserts	Assorted Desserts	Assorted Desserts	Assorted Desserts	Assorted Desserts	Assorted Desserts

DINNER

Appetizer	Greek Salad	Crispy Cauliflower Bites	Veggie Sticks & Dip	* Guacamole with Taco Chips	Prociutto, Peach & Whipped Goat Cheese Crostini	* Smoked Salmon Pinwheels	Brie Pear and Honey Crostini
Entrée 1	Pork Goulash	Italian Pasta Putanesca	Beef Stragonaoff	Vegetable Lasagna	Roast Pork Tenderloin with Peach Bourbon Sauce	Flank Steak with Chumichurri Sauce	Pesto Crusted Basa Filet Topped with Bruschetta Tomatoes
Side	Steamed Rice	Garlic Toast & Garden Salad	Buttered Egg Noodles	Garlic Toast	Baked Potato & Sour Cream	Parmentiere Potatoes	Mashed Potatoes
Entrée 2	Teriyaki Chicken Thigh	Catch of the Day with Dill Lemon Butter Sauce	Pan Fried Beef Liver Bacon Fried Onions	Southern Fried Chicken	Pan seared Tilapia with Peach Salsa	Chicken Pot Pie	Swiss Steak
Side	Steamed Rice	Parisienne Boiled Potato	Roasted Mini Potato	Chive Mashed Potatoes	Wild Rice	Parmentiere Potatoes	Mashed Potatoes
Vegetable	Sweet Corn	*Cauliflower	* Seasoned Broccoli	Roasted Carrots	Roasted Peppers	Braised Red Cabbage	Sauteed Bok Choy
Vegetable		Brussels Sprouts		Green Beans	Zucchini	Baby Carrots	Baked Squash
Dessert	Peach Crumble	Assorted Squares	Maple Walnut Ice Cream	Banana Cream Pie	Baked Peach with Vanilla Ice Cream	Triple Fudge Brownie	Cherry Tart

* Menu item contains a Superfood.



Choose Superfoods more often for optimal health



Living Loving Local- Peaches

Breakfast - Daily menu choices - Boiled Eggs, Cereal, Fresh Fruit, Yogurt, Granola, Juice, Milk, Coffee and Tea