

Lunch Menu – August 2010

Sun

1
Lemon Pepper Tilapia♥
Baby Red Potato Mashed
Prince William Vegetables
Cherry Bars
Roasted Turkey♥
Baby Red Potato Mashed
Prince William Vegetables

8
BBQ Ribs♥
Potato Salad
Buttered Peas
Fresh Fruit & Yogurt Parfait
BBQ Chicken
Potato Salad
Buttered Peas

15
Chicken Cordon Bleu
Bread Dressing
Dill Sliced Carrots
Pumpkin Pie
Roast Turkey♥
Bread Dressing
Dill Sliced Carrots

22
Roast Turkey♥
Candied Sweet Potatoes
Green & Gold Beans
Peanut Butter Cake
Garlic Pork Loin
Candied Sweet Potatoes
Green & Gold Beans

29
Pork Roast
Mashed Potatoes & Gravy
Green Bean Casserole
Fruit Crisp
Hot Beef Sandwich
Mashed Potatoes & Gravy
Green Bean Casserole

Mon

2
Goulash
Roasted Brussels Sprouts
Garlic Toast
Blueberry Angel Food Cake
Pork Roast
Buttered Noodles & Parsley
Roasted Brussels Sprouts

9
Salmon w/ Hollandaise♥
Rice Pilaf
Mixed Vegetables
Apple Crisp
Lemon Pepper Chicken♥
Rice Pilaf
Mixed Vegetables

16
Orange Glazed Chicken♥
Au Gratin Potatoes
Steamed Broccoli
Strawberry Angel Food Cake
Fried Cat Fish
Au Gratin Potatoes
Steamed Broccoli

23
Savory Pot Roast
Scalloped Potatoes
Buttered Corn
Éclairs
Fried Chicken
Scalloped Potatoes
Buttered Corn

30
Grilled Salmon♥
Seasoned Rice
Sautéed Cabbage & Bacon
Apple Turnovers
Lemon Pepper Chicken♥
Seasoned Rice
Sautéed Cabbage & Bacon

Tue

3
Chicken Parmesan
Lemon Herb Orzo
Mixed Vegetables
Tiramisu
Garlic Shrimp & Tomatoes
Lemon Herb Orzo
Mixed Vegetables

10
Baked Ham
Buttered Bow Tie Noodles
Seasoned Broccoli
Banana Cream Torte
Swedish Meatballs
Buttered Bow Tie Noodles
Seasoned Broccoli

17
Smothered Pork Loin♥
Buttered Bow Tie Pasta
Seasoned Peas & Carrots
Date Cake
Salisbury Steak
Buttered Bow Tie Pasta
Seasoned Peas & Carrots

24
Chicken Fried Steak
Hash Browns
Peas & Pearl Onions
Chocolate Graham
Cracker Dessert
Stuffed Green Peppers♥
Hash Browns
Peas & Pearl Onions

31
Meatloaf & Gravy
Sweet Potato Mashed
Glazed Carrots
Oatmeal Cream Cookie
Beer Battered Fish
Sweet Potato Mashed
Glazed Carrots

Wed

4
Made Rite Sandwich
Warm Potato Salad
Steamed Carrots
Rice Crispy Treats
Chicken Cordon Bleu
Warm Potato Salad
Steamed Carrots

11
Flat Iron Steak
Scalloped Potatoes
Seasoned Zucchini
Cherry Angel Food Cake
English Pub Fish
Scalloped Potatoes
Seasoned Zucchini

18
Roast Beef♥
Mashed Potatoes & Gravy
Buttered Corn
Peach Pie Alamode
Chicken Marsala
Mashed Potatoes & Gravy
Buttered Corn

25
Smothered Pork Loin
Sour Cream Mashed Potatoes
Diced Carrots
Fruits of the Forest Pie
Teriyaki Chicken♥
Sour Cream Mashed Potatoes
Diced Carrots



Thu

5
Spaghetti & Meatballs
Tossed Salad w/ Dressing
Garlic Bread
Hawaiian Cake
Breaded Shrimp
Seasoned Rice
Cole slaw

12
Baked Turkey♥
Mashed Sweet Potatoes
Buttered Cauliflower
Banana Split Bars
Roast Chicken Breast♥
Mashed Sweet Potatoes
Buttered Cauliflower

19
Roast Pork♥
Dill Buttered Potatoes
Sautéed Cabbage & Bacon
Brownies
Corned Beef
Dill Buttered Potatoes
Sautéed Cabbage & Bacon

26
BBQ Ribs♥
Au Gratin Potatoes
Mixed Vegetables
German Chocolate Cake
Honey Glazed Chicken♥
Au Gratin Potatoes
Mixed Vegetables

Lunch is Served at
Noon

♥ Healthy Option

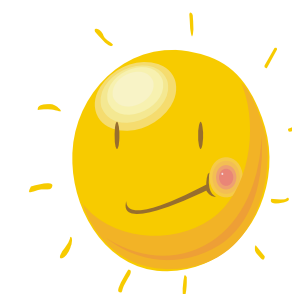
Fri

6
Chicken Fried Steak
Mashed Potatoes & Gravy
Buttered Asparagus
Brownies
Chicken Fried Chicken
Mashed Potatoes & Gravy
Buttered Asparagus

13
Pot Roast & Gravy♥
Baby Red Potatoes
Baby Carrots
Chocolate Cream Pie
Fried Chicken
Baby Red Potatoes
Baby Carrots

20
Chicken Strips
Cottage Potatoes
California Vegetables
Fruit Crisp
Beer Battered Fish
Cottage Potatoes
California Vegetables

27
French Dip Sandwich♥
Potato Wedges
Cole Slaw or Cottage Cheese
Chocolate Cream Puffs
Breaded Shrimp
Potato Wedges
Cole Slaw or Cottage Cheese



Sat

7
Smothered Pork♥
Garlic & Buttered Noodles
Harvard Beets
Fruits of the Forest Pie
Beef Stroganoff
Garlic & Buttered Noodles
Harvard Beets

14 Family Summer Picnic
11:30a-12:45p
Grilled Hot Dogs
Grilled Burgers
Baked Beans
Potato Salad
Watermelon Slices
Special Desserts

21
Grilled Steak
Twice Baked Potatoes
Tossed Salad
Apple Pie
Grilled Chicken w/ Pineapple♥
Twice Baked Potatoes
Tossed Salad

28
Smothered Chicken Breast♥
Baked Potatoes
Spring Vegetables
Oreo Cream Pie
Swiss Steak w/ Tomatoes♥
Baked Potatoes
Spring Vegetables

