


	Fri. August 2		MON. Aug 5	WED Aug 7	FRI Aug 9	
Drink	Juice			Juice	Juice	
Meat		Meat				
Choice 1	Teriyaki Beef & Broccoli White Rice	Choice 1	NO MEALS ON WHEELS	Baked Chicken with Chalet Sauce Baked Potato	Beef Stroganoff Egg Noodles	
OR		OR				
Choice 2	Lemon Pepper Cod Mashed Potatoes	Choice 2		Roasted Vegetable Lasagna	Baked Salmon Lyonnais Potatoes	
Sides	Asian Vegetables Balsamic Carrots	Sides			Broccoli Tossed Salad	Green Peas Parslied Cauliflower
Dessert	Maple Chocolate Mania Cake	Dessert				
Choice 1		Choice 1		Carrot Cake	Lemon Square	
OR		OR				
Choice 2	Apricots	Choice 2		Peach Slices	Cinnamon Pears	

	MON Aug 12	WED Aug 14	FRI Aug 16
Drink	Juice	Juice	Juice
Meat	Salisbury Steak	BBQ Farmers Sausage	Asian Pork Chop
Choice 1	Mashed Potatoes	Mashed Potatoes	Whipped Potatoes
OR			
Choice 2	Seasoned Chicken Thigh Mashed Potatoes	Turkey Tetrazzini	Honey Mustard Fish Baked Potatoes
Sides	Broccoli Parsley Carrots	California Vegetables Iceberg & Carrot Salad	Asian Vegetables Buttered Corn
Dessert	Mississippi Mud Pie	Cherry Crisp	Lemon Cake
Choice 1			
OR			
Choice 2	Peach Slices	Diced Pears	Blueberries

	MON Aug 19	WED Aug 21	FRI Aug 23
Drink	Juice	Juice	Juice
Meat			
Choice 1	Turkey Pot Pie	Meatloaf	Teriyaki Beef & Broccoli
OR	Mashed Potatoes	Mashed Potatoes	White Rice
Choice 2	Baked Pollock	Spinach & Cheese Cannelloni	Lemon Pepper Cod
	Parslied Rice	Garlic Bread	Mashed Potatoes
Sides	Whipped Squash	Diced Squash	Asian Vegetables
	Green Beans	Seasoned Zucchini	Balsamic Carrots
Dessert			Maple Chocolate
Choice 1	Cherry Cheesecake	Blondie Bars	Mania Cake
OR			
Choice 2	Melon	Cinnamon Pears	Apricots

	MON. Aug 26	WED Aug 28	FRI Aug 30
	Juice	Juice	Juice
Meat			
Choice 1	Breaded Pork Cutlet	Baked Chicken	Beef Stroganoff
OR	Whipped Potatoes	with Chalet Sauce	Egg Noodles
		Baked Potato	
Choice 2	Sole Florentine	Roasted Vegetable Lasagna	Baked Salmon
	Roasted New Potatoes		Lyonnaise Potatoes
Sides	Steamed Asparagus	Broccoli	Green Peas
	Sliced Beets	Tossed Salad	Parslied Cauliflower
Dessert			
Choice 1	Assorted Tarts	Carrot Cake	Lemon Square
OR			
Choice 2	Pineapple	Peach Slices	Cinnamon Pears