






August 2022 - FROZEN STANDARD MENU
CHECK THE BOX ON THE RIGHT IF YOU LIKE TO RECEIVE THE FROZEN MENU
 MENU SUBJECT TO CHANGE/SUBSTITUTION PENDING AVAILABILITY OF ITEMS



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6	7
	Vegan Stuffed Cabbage Rice Pilaf Steamed Green Beans	Jerk Chicken Leg Quarter Black Beans and Rice Steamed Cauliflower	Turkey Meat Sauce Egg noodles Carrots	Stewed Chicken Breast Baked Sweet Potato Steamed Spinach	Baked Tilapia with Dill Lemon Sauce Yellow rice California Blend Vegetables	Baked Macaroni and Cheese Italian Blend Vegetables Normandy Blend
8	9	10	11	12	13	14
BBQ chicken breasts Homade mashed potatoes Capri blend vegetables	Homemade Tomato Sauce wuth Lasagna Rollettes Normandy Blend Roasted Brussels Sprout	Brown Gravy with Salisbury Steak Baked Sweet Potato Roasted Zucchini	Sweet and Sour Chicken Breasts Perfect White Rice Steamed Broccoli	Arroz con Pollo Chicken Breast and Rice Peas and Pearl Onions	Breaded Pollock Fish Fillet with Yogurt Tartar Sauce Steamed Green Beans	Black Bean and Sweet Potato Chili Brown Rice California blend vegetables
15	16	17	18	19	20	21
Veggie Burger Patty Baby carrots with Parsley	Lasagna with Turkey Steamed Carrots Steamed Cauliflower	Baked Chicken Quarters Yellow Rice Sauteed Spinach	Beef Meatballs with Sofrito Penne Pasta with Garlic Sauce Steamed Broccoli	Curry Chicken Baked Brown Rice Pilaf Steamed Green Beans	Spanish Style Baked Cod Polenta Kale with Tomato	Sweet and Sour Tofu White Rice Pilaf with Onions, Peas & Carrots Capri Blend Vegetables
22	23	24	25	26	27	28
Honey-Apricot Glazed Chicken Garlic and Rosemary Roasted Potatoes Normandy Blend	Beef and Broccoli Baked Brown Rice Pilaf Normandy blend	Sweet and Sour Chicken Breasts Chinese Style Spaghetti Steamed Zucchini	Brown Gravy with Oven Baked Pork Chops Baked Sweet Potato Steamed Broccoli	Cranberry Chicken Brown Rice Baby Carrots with Parsley	Baked Tilapia with Rustic Tomato Sauce Baked Brown Rice Pilaf Steamed Green Beans	Black Bean and Sweet Potato Chili California Blend Vegetables
29	30	31	32	33	34	35
Honey Mustard Chicken Breast Beets and Baby Carrots with Dill Smashed Red Potatoes	Chicken Fajitas Garlic Mashed Potatoes Baby Carrots and Parsley	Vegetarian Lasagna Sauteed Zucchini Steamed Green Beans	Stewed Chicken Breast Cous Cous Steamed Cauliflower			

All meals will be accompanied by a carton of milk, whole wheat bread, margarine, juice, and a piece of fruit (fruit & juice vary every day).