



August 2022 - **HOT STANDARD MENU**

CHECK THE BOX ON THE RIGHT IF YOU LIKE TO RECEIVE THE HOT MENU
*****MENU SUBJECT TO CHANGE/SUBSTITUTION PENDING AVAILABILITY OF ITEMS*****



SUNDAY		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2	3	4	5	6
		Homemade Tomato Sauce with Lasagna Rollettes Normandy Blend Roasted Brussels Sprouts	Brown Gravy with Salisbury Steak Baked Sweet Potato Roasted Zucchini	Sweet and Sour Chicken Breasts White Rice Steamed Broccoli	Arroz con Pollo Chicken Breast and Rice Peas and Pearl Onions Steamed Carrots	Breaded Pollock Fish Fillet with Yogurt Tartar Sauce Steamed Green Beans	Black Bean & Sweet Potato Chili Brown Rice California Blend Vegetables
7		8	9	10	11	12	13
Veggie Burger Patty Baby Carrots with Parsley Stewed Okra and Tomatoes		Lasagna with Turkey Steamed Carrots Steamed Cauliflower	Baked Chicken Quarters Yellow Rice Sautéed 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 w. Onions, Peas & Carrots Capri Blend Vegetables
14		15	16	17	18	19	20
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 Roasted 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 Steamed Green Beans Yellow Plantains	Black Bean and Sweet Potato Chili Baked Brown Rice Pilaf California Blend Vegetable
21		22	23	24	25	26	27
Honey Mustard Chicken Breast Beets and Baby Carrots with Dill Smashed Red Potatoes		Chicken Fajitas Garlic Mashed Potatoes Baby Carrots and Parsley	Vegetarian Lasagna Sautéed Zucchini Steamed Green Beans	Stewed Chicken Breast Cous Cous Steamed Cauliflower	Beef Meatballs in Tomato Sauce Barley Lemon Pilaf Steamed Broccoli	Teriyaki Baked Fish Yellow Plantains Steamed Green Beans	Baked Turkey Breast with Brown Gravy Brown Rice California Blend Vegetables
28		29	30	31			
Alfredo Sauce with Cheese Tortellini Capri Blend Vegetables Italian Blend Vegetables		Chicken Marsala Rice Pilaf Baby Carrots with Parsley	Sweet and Sour Tofu Chinese Style Spaghetti Steamed Broccoli	Orange Chicken with Rosemary Baked Sweet Potato Kale and Lemon			

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).