

August

Monday	Tuesday	Wednesday	Thursday	Friday
1 Ham and Swiss w Let and Tom on WW Hardboiled Egg 1 Cole Slaw 1/2 Cup Applesauce 1/2 Cup	2 Beef and Broccoli 1 Cup Brown Rice 1/2 Cup Oriental Vegetables 1/2 Cup Fresh Orange	3 Salmon Cakes 4oz Oven Roasted Potatoes 1/2 Cup Green Bean Medley 1/2 Cup WW Roll Fresh Banana	4 Turkey Salad 1 Cup Lettuce 1 Cup Summer Corn Salad 1/2 Cup Crackers 2 Pks Peaches 1/2 Cup	5 Country Fried Steak 4 oz Mashed Potatoes 1/2 Cup Gravy 1/cup Lima Beans 1/2 Cup WW Roll Apple Crisp 1/2 Cup
8 Chef Salad 4 oz Meat 1 cup lettuce Pea Salad 1/2 Cup WW Roll Orange	9 Sloppy Joes 3oz on Bun Potato Wedges 5-6 Corn 1/2 Cup Apple	10 Egg Salad 1/2 Cup Spinach 1 Cup Cucumbers&Onions 1/2 cup WW Roll Peaches 1/2 Cup	11 Battered Fish 4oz Macaroni and Cheese 1/2 Cup Stewed Tomatoes 1/2 Cup Pears 1/2 Cup	12 Hawaiian Chicken Breast 4 oz Rice 1/2 Cup Green Beans 1/2 Cup Baked Hawaiian Bananas 1/2 Cup
15 Chicken Sandwich 3oz Bun Let Tom Buttered Noodles 1/2 Cup Broccoli 1/2 Cup Fruit Cocktail 1/2 Cup	16 Shrimp Creole 1 Cup Red Beans and Rice 1/2 Cup Corn Bread Okra 1/2 Cup Fresh Banana	17 Turkey on WW Wrap 4oz let tom Broccoli Salad 1/2 Cup Beets 1/2 Cup Chips & Fresh Apple	18 Cheeseburger 4oz W/G Roll French Fries 6-7 Corn 1/2 Cup Pineapple 1/2 Cup	19 Pork Loin 4 Oz Gravy 1/4 Cup Sauerkraut 1/2 Cup Carrots 1/2 Cup WW Roll Fresh Orange
22 Chipped Beef Gravy 1 Cup Hashbrown 4 oz Biscuit 2 oz Fresh Sliced Tomatoes 1/2 Cup Spiced Peaches 1/2 Cup	23 Chicken Breast 4 oz Herbed Potatoes 1/2 Cup Broccoli 1/2 Cup WW Roll Banana	24 Fish 3 oz on WG roll w cheese French Fries 1/2 Cup Carrots 1/2 Cup Fresh Apple	25 Chefs Choice	Pot Roast 4 oz Potatoes and Carrots 1/2 Cup Green Beans 1/2 Cup Fresh Orange
29 Tuna Salad 1/2 Cup Lettuce 1 cup Beets 1/2 Cup Crackers 2 Apple	30 Swedish Meatballs 6 1/4 Cup gravy Egg Noodles 1/2 Cup Mixed Vegetables 1/2 Cup Mandarin Oranges 1/2 Cup	31 2 Soft Beef Tacos 4 oz Let and Tom Spanish Rice 1/2 Cup Corn 1/2 Cup Med. Banana		

Suggestive Menu for August

Notes: See Item # 1000 for details