






Monthly Menu

August 2019

Thu	1	 SWEET & SOUR CHICKEN , White Rice, Lima Beans, Vermicelli Noodle Salad, Apple <i>Creamy Garlic Pizza, Lima Beans, Vermicelli Noodle Salad, Apple</i>
Fri	2	 CHEESE RAVIOLI , Italian Blend Vegetables, Navy Bean Salad, Carrot Cake <i>Pork Sliders, Potato Wedges, Italian Blend Vegetables, Navy Bean Salad, Carrot Cake</i>
Mon	5	CHICKEN WITH RICE , Mexican Blend Vegetables, Radish Tomato Salad, Seasonal Fruit <i>Tuna Salad w/Tomatoes, Mexican Blend Vegetables, Seasonal Fruit</i>
Tue	6	BEEF & MACARONI CASSEROLE , Country Trio Vegetable, Spinach Salad w/Italian Dressing, Orange <i>Open-Face Turkey Sandwich, Lentil Soup, Country Trio Vegetable, Spinach Salad w/Italian Dressing, Orange</i>
Wed	7	PORK TENDERLOIN W/DIJON SAUCE , Tri-Cut Red Potatoes, Carrot Bean Blend Vegetables, Tossed Salad w/Winter Dressing, Strawberry Luscious <i>Summer Chicken Salad, Carrot Bean Blend, Strawberry Luscious</i>
Thu	8	SWEDISH MEATBALLS , Spiral Noodles, Scandinavian Blend Vegetables, Navy Bean Salad, Banana  <i>Spring Pasta w/Tofu, Scandinavian Blend Vegetables, Navy Bean Salad, Banana</i>
Fri	9	CITRUS TARRAGON CHICKEN , Mashed Potatoes, Italian Blend Vegetables, Patio Salad, Chocolate Chip Cookie <i>Dijon Crusted Fish, Mashed Potatoes, Italian Blend Vegetables, Patio Salad, Chocolate Chip Cookie</i>
Mon	12	TILAPIA W/LEMON PEPPER , Brown Rice, Willamette Beans, Chickpea Salad, Seasonal Fruit <i>Chicken Stir-Fry Yakisoba Noodles, Willamette Beans, Seasonal Fruit</i>

Tue	13	 BEANS AND BROWN RICE , Imperial Blend Vegetables, Garden Salad w/1000 Island Dressing, Bread Pudding Beef Taco Salad, Imperial Blend Vegetables, Bread Pudding
Wed	14	ROASTED PARMESAN CHICKEN , Noodles, Mixed Vegetables, Tossed Salad w/French Dressing, Strawberry Pear Gelatin Turkey Salad, Mixed Vegetables, Strawberry Pear Gelatin
Thu	15	MEAT LOAF , Mashed Potatoes, Sunshine Carrots, Spinach Salad w/Ranch Dressing, Apple Pork Gyro, Sunshine Carrots, Spinach Salad w/Ranch Dressing, Apple
Fri	16	STIR-FRY PORK , White Rice, Cauliflower, Claremont Salad, Citrus Cake Chicken Salad with White Beans, Cauliflower, Orange
Mon	19	 BAKED PENNE PASTA , Corn and Lima Beans, Rainbow Spinach Salad w/Rainbow Dressing, Apple Roast Beef Sandwich, Spring Vegetable Soup, Corn and Lima Beans, Rainbow Spinach Salad w/Rainbow Dressing, Apple
Tue	20	SOMALI CHICKEN , White Rice, Normandy Blend Vegetables, Pepper Coleslaw, Orange Hard Boiled Egg Salad, Normandy Blend Vegetables, Orange
Wed	21	TILAPIA W/CUCUMBER SAUCE , Couscous, Oregon Bean Medley, Spinach Salad w/ 1000 Island Dressing, Bread Pudding Turkey Sandwich, Potato Salad, Oregon Bean Medley, Spinach Salad w/1000 Island Dressing, Bread Pudding
Thu	22	CHICKEN STROGANOFF , Noodles, Country Trio Vegetables, Four Bean Salad, Chocolate Milk  Veggie Burger, Black Bean Soup, Country Trio Vegetables, Four Bean Salad, Chocolate Milk
Fri	23	IRISH STEW , Mashed Potatoes, Capri Mix Vegetables, Garden Salad w/Italian Dressing, Banana Lemongrass Chicken, White Rice, Capri Mix Vegetables, Garden Salad w/Italian Dressing, Banana
Mon	26	CHICKEN TERIYAKI , Brown Rice, Edamame Medley, Creamy Coleslaw, Apple  Plain Omelet w/Salsa, Potatoes, Edamame Medley, Creamy Coleslaw, Apple
Tue	27	FISH W/ BLACK BLEAN SALSA , Couscous, Sliced Carrots, Cucumber Salad, Russian Cream  Grilled Vegetable Sandwich, French Lentil Soup, Sliced Carrots, Cucumber Salad, Russian Cream
Wed	28	HONEY PINEAPPLE PORK , Noodles, Garden Blend Vegetables, Tossed Salad w/Ranch Dressing, Banana Chinese Chicken Salad, Garden Blend Vegetables, Banana

Thu	29	SPAGHETTI W/MEAT SAUCE , Scandinavian Blend Vegetables, Rainbow Spinach Salad w/Rainbow Dressing, Seasonal Fruit <i>Turkey Salad, Scandinavian Blend Vegetables, Seasonal Fruit</i>
Fri	30	SOUTHWEST BEEF CASSEROLE , Carrot Bean Blend Vegetables, Santa Fe Salad, Orange and Peach Gelatin <i>Chicken Spring Pasta, Carrot Bean Blend, Orange and Peach Gelatin</i>