1 August 2011	2 August 2011	3 August 2011	4 August 2011	5 August 2011	6 August 2011	7 August 2011
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
DAY (1)	DAY (2)	DAY (3)	DAY(4)	DAY(5)	DAY (6)	DAY (7)
LUNCH – Swiss	LUNCH – Onion-	LUNCH – Sauerbraten,	LUNCH – Pork	LUNCH – Fried	LUNCH – Savory	LUNCH - Oven Fried
Steak w/ Tomato	Lemon Baked Fish,	Jaegerschnitzel,	Chops w/ Mushroom	Shrimp, Boneless	Baked Chicken,	Fish, BBQ Spareribs,
Sauce, Baked	Pork Schnitzel, Beef	Knockwurst, Jefferson	Gravy, Crispy Baked	Roast Turkey, Beef	Swedish Meatballs,	Chicken Breast
Chicken, Sweet Italian	Yakisoba, Mashed	Noodles, Hot Potato	Chicken, Tempura	Stew, Egg Noodles,	Baked Lemon Onion	Parmesan, Baked
Sausage, Peppers &	Potatoes, Ginger Rice,	Salad, Cream Corn,	Fried Fish, Rissole	Steamed Rice, Corn	Fish, Mashed	Macaroni/Cheese,
Onions, Steamed Rice, Mashed Potatoes,	Spinach, Simmered Pinto Beans, Summer	Spinach, Sauerkraut	Potatoes, Steamed Rice, Broccoli, Peas &	on the Cob, Cauliflower, Collard	Potatoes, Steamed	O'Brien Potatoes,
Broccoli, Carrots	-	Cheese Pizza, Reuben Sandwich	Carrots, Steamed Corn	Greens	Rice, Creamed Corn, Asparagus, Summer	Peas, Sweet Potatoes, Broccoli Combo
Cannonball	Squash Steak and Cheese	Sandwich	Buffalo Wings, Roast	BBQ Pork Sandwich,	1 0	Broccon Combo
Sandwich, Chicken	Sub, Cheese Fishwich	DINNER – Spaghetti w/	Beef Sub	Burritos	Squash	DINNER – Stir Fry
*	Sub, Cheese Fishwich	Meat Sauce, Swiss Steak	Deel Sub	Durrios	DINNER – Baked	Beef w/ Broccoli,
Nuggets	DINNER – Roast	w/ Brown Gravy, Fried	DINNER – Pepper	DINNER –Chili	Fish, Simmered	Turkey Nuggets, Pork
DINNER – Boneless	Loin of Pork, BBQ	Chicken, Brown Rice,	Steak, Pasta	Macaroni, BBQ	Knockwurst, Chinese	Chop Sue, Baked
Roast Turkey, Rib eye	Beef Cubes, Chicken	Mashed Potatoes, Fried	Primavera, Mr. Z's	Chicken, Southern	5-Spice Chicken,	Potatoes, Rice Pilaf,
Steak, Tempura Fried	Fajitas, O'Brien	Cauliflower, Asparagus,	Baked Chicken,	Fried Catfish, Crispy	Parsley Buttered	Corn on the Cob,
Fish, Mashed	Potatoes, Steamed	Cabbage	Steamed Rice, Mashed	Potato Wedges,	Potatoes, Spicy Brown	Green beans, Peas
Potatoes, Corn Bread	Rice, Cauliflower,		Potatoes, Fried Okra,	Spanish Rice, Fried	Rice Pilaf, Vegetable	Green seams, reas
Dressing, Succotash,	Corn on the Cob, Lima		Green Beans, Mixed	Cabbage, Steamed	Stir Fry, Boston Baked	
Tempura Vegetables,	Beans		Vegetables	Carrots, Broccoli	Beans, Spinach	
Herbed Green Beans				, , , , , , , , , , , , , , , , , , , ,	, r	
8 August 2011	9 August 2011	10 August 2011	11 August 2011	12 August 2011	13 August 2011	14 August 2011
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
DAY (8)	DAY(9)	DAY(10)	DAY (11)	DAY (12)	DAY(13)	DAY(14)
LUNCH – Pot Roast,	LUNCH- Teriyaki	LUNCH – Mexican	LUNCH – Herbed	LUNCH – Mexican	LUNCH – Crispy	Sauerbraten, Baked
Baked Stuffed Fish,	Chicken, Veal	Baked Chicken, Chicken	Baked Chicken, Beef	Baked Chicken,	Baked Chicken, Baked	Fish, Chicken
Roast Pork Loin, Oven	Parmesan, Cheddar	Enchiladas, Beef Fajitas,	& Noodles, Southern	Country Style Steak,	Canned Ham, Beef	Parmesan, Au Gratin
Brown Potatoes,	Baked Fish, Steamed	Mexican Rice, Refried	Fried Catfish, Mashed	Stuff Green Pepper,	Yakisoba, Raisin	Potatoes, Egg
Steamed Rice,	Rice, Parsley Buttered	Beans, Calico Corn,	Potatoes, Black-eyed	Mashed Potatoes,	Sauce, Baked	Noodles, Fried
Succotash, Green	Potatoes, Fried	Spanish Style Beans,	Peas w/ Rice, Glazed	Baked Mac/Cheese,	Potatoes, Spicy Brown	Cabbage, Mixed
Beans w/ Mushrooms,	Cabbage, Succotash,	Green Beans Chicken	Sweet Potatoes, Mixed	Corn-on-cob, Spanish	Pilaf Rice, Broccoli,	Vegetables,
Cauliflower Combo	Steamed Carrots	Cheese Fishwich,	Vegetables, Peas	Style Beans,	French Style Peas,	Cauliflower Combo
Pork Rib, Steak and	Sloppy Joes, Buffalo	Monte Cristo Sand	Cannonball	Peas/Carrots	Glazed Carrots	
Cheese Sub	wings		Sandwich, Fried	BBQ Pork		DINNER – Ginger
		DINNER – – Lemon-	Chicken Patty	Sandwich, Chicken	DINNER – Fish	BBQ Chicken, Fried
DINNER – Spaghetti	DINNER – Country	Herbed Chicken, Sweet		Nuggets	w/Lemon/Garlic	Shrimp, Chili Mac,
w/ Meat Sauce, Strip	Captain Chicken,	& Sour Pork, Jambalaya,	DINNER – Roast		Butter, Pork Chops	Crispy Potato Wedges,
Loin Steak, Roast	Meatloaf, Turkey Ala	Steamed Rice, Scalloped	Pork Loin, Veal	DINNER – Lasagna,	w/Brown Gravy, Stir	Mashed Potatoes,
Turkey, Baked	King, Steamed Rice,	Potatoes, Mexican Corn,	Jaegerschnitzel,	Spaghetti w/meat	Fry Chicken w/	Black Eyed Peas,
Potatoes, Pea &	Mashed Potatoes,	Broccoli, Cauliflower	Chicken Cordon Bleu,	Sauce, Chicken	Broccoli, Rissole	Collard Greens, Corn
Pepper Rice, Summer	Tempura Vegetables,	Combo	Potato Halves,	Cacciatore, Steamed	Potatoes, Rice Pilaf,	O' Brien
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Squash, Glazed	Mustard Greens, Corn		Lyonnaise Rice,	Rice, Mashed	Calico Corn, Club	
Squash, Glazed Carrots, Broccoli	on the Cob		Steamed Carrots, Corn Combo, Simmered	Potatoes, Italian Style Baked Beans, Corn `O	Spinach, Fried Okra	

			Pinto Beans	Brien, Broccoli		
15 August 2011 Monday DAY (1) LUNCH – Swiss Steak w/ Tomato Sauce, Baked Chicken, Sweet Italian Sausage, Peppers & Onions, Steamed Rice, Mashed Potatoes, Broccoli, Carrots Cannonball Sandwich, Chicken Nuggets DINNER – Boneless Roast Turkey, Rib eye Steak, Tempura Fried Fish, Mashed Potatoes, Corn Bread Dressing, Succotash, Tempura Vegetables, Herbed Green Beans	16 August 2011 Tuesday DAY (2) LUNCH – Onion- Lemon Baked Fish, Pork Schnitzel, Beef Yakisoba, Mashed Potatoes, Ginger Rice, Spinach, Simmered Pinto Beans, Summer Squash Steak and Cheese Sub, Cheese Fishwich DINNER – Roast Loin of Pork, BBQ Beef Cubes, Chicken Fajitas, O'Brien Potatoes, Steamed Rice, Cauliflower, Corn on the Cob, Lima Beans	17 August 2011 Wednesday DAY (3) LUNCH – Lasagna, Italian Style Veal, Italian Sausage, Spring Garden Rice, Franconia Potatoes, Calico Corn, Herbed Green Beans, Italian Style Beans Cheese Pizza, Reuben Sandwich DINNER – Spaghetti w/ Meat Sauce, Swiss Steak w/ Brown Gravy, Fried Chicken, Brown Rice, Mashed Potatoes, Fried Cauliflower, Asparagus, Cabbage	18 August 2011 Thursday DAY(4) LUNCH – Pork Chops w/ Mushroom Gravy, Crispy Baked Chicken, Tempura Fried Fish, Rissole Potatoes, Steamed Rice, Broccoli, Peas & Carrots, Steamed Corn Buffalo Wings, Roast Beef Sub DINNER – Pepper Steak, Pasta Primavera, Mr. Z's Baked Chicken, Steamed Rice, Mashed Potatoes, Fried Okra, Green Beans, Mixed Vegetables	19 August 2011 Friday DAY(5) LUNCH – Fried Shrimp, Boneless Roast Turkey, Beef Stew, Egg Noodles, Steamed Rice, Corn on the Cob, Cauliflower, Collard Greens BBQ Pork Sandwich, Burritos DINNER –Chili Macaroni, BBQ Chicken, Southern Fried Catfish, Crispy Potato Wedges, Spanish Rice, Fried Cabbage, Steamed Carrots, Broccoli	20 August 2011 Saturday DAY (6) LUNCH – Savory Baked Chicken, Swedish Meatballs, Baked Lemon Onion Fish , Mashed Potatoes, Steamed Rice, Creamed Corn, Asparagus, Summer Squash DINNER – Baked Fish, Simmered Knockwurst, Chinese 5-Spice Chicken, Parsley Buttered Potatoes, Spicy Brown Rice Pilaf, Vegetable Stir Fry, Boston Baked Beans, Spinach	21 August 2011 Sunday DAY (7) LUNCH - Oven Fried Fish, BBQ Spareribs, Chicken Breast Parmesan, Baked Macaroni/Cheese, O'Brien Potatoes, Peas, Sweet Potatoes, Broccoli Combo DINNER – Stir Fry Beef w/ Broccoli, Turkey Nuggets, Pork Chop Sue, Baked Potatoes, Rice Pilaf, Corn on the Cob, Green beans, Peas
22 August 2011 Monday DAY (8) LUNCH – Pot Roast, Baked Stuffed Fish, Roast Pork Loin, Oven Brown Potatoes, Steamed Rice, Succotash, Green Beans w/ Mushrooms, Cauliflower Combo Pork Rib, Steak and Cheese Sub DINNER – Spaghetti w/ Meat Sauce, Strip Loin Steak, Roast Turkey, Baked Potatoes, Pea & Pepper Rice, Summer Squash, Glazed Carrots, Broccoli	23 August 2011 Tuesday DAY(9) LUNCH- Teriyaki Chicken, Veal Parmesan, Cheddar Baked Fish, Steamed Rice, Parsley Buttered Potatoes, Fried Cabbage, Succotash, Steamed Carrots Sloppy Joes, Buffalo wings DINNER – Country Captain Chicken, Meatloaf, Turkey Ala King, Steamed Rice, Mashed Potatoes, Tempura Vegetables, Mustard Greens, Corn on the Cob	24 August 2011 Wednesday DAY(10) LUNCH – Southern Fried Chicken, BBQ Spareribs, Fried Catfish, Mac & Cheese, Red Beans & Rice, Corn on Cob, Collard Greens, Black Eye Peas Cheese Fishwich, Monte Cristo Sand DINNER – Lemon- Herbed Chicken, Sweet & Sour Pork, Jambalaya, Steamed Rice, Scalloped Potatoes, Mexican Corn, Broccoli, Cauliflower Combo	25 August 2011 Thursday DAY (11) LUNCH – Herbed Baked Chicken, Beef & Noodles, Southern Fried Catfish, Mashed Potatoes, Black-eyed Peas w/ Rice, Glazed Sweet Potatoes, Mixed Vegetables, Peas Cannonball Sandwich, Fried Chicken Patty DINNER – Roast Pork Loin, Veal Jaegerschnitzel, Chicken Cordon Bleu, Potato Halves, Lyonnaise Rice, Steamed Carrots, Corn Combo, Simmered Pinto Beans	26 August 2011 Friday DAY (12) LUNCH – Mexican Baked Chicken, Country Style Steak, Stuff Green Pepper, Mashed Potatoes, Baked Mac/Cheese, Corn–on-cob, Spanish Style Beans, Peas/Carrots BBQ Pork Sandwich, Chicken Nuggets DINNER – Lasagna, Spaghetti w/meat Sauce, Chicken Cacciatore, Steamed Rice, Mashed Potatoes, Italian Style Baked Beans, Corn `O Brien, Broccoli	27 August 2011 Saturday DAY(13) LUNCH – Crispy Baked Chicken, Baked Canned Ham, Beef Yakisoba, Raisin Sauce, Baked Potatoes, Spicy Brown Pilaf Rice, Broccoli, French Style Peas, Glazed Carrots DINNER – Fish w/Lemon/Garlic Butter, Pork Chops w/Brown Gravy, Stir Fry Chicken w/ Broccoli, Rissole Potatoes, Rice Pilaf, Calico Corn, Club Spinach, Fried Okra	28 August 2011 Sunday DAY(14) Sauerbraten, Baked Fish, Chicken Parmesan, Au Gratin Potatoes, Egg Noodles, Fried Cabbage, Mixed Vegetables, Cauliflower Combo DINNER – Ginger BBQ Chicken, Fried Shrimp, Chili Mac, Crispy Potato Wedges, Mashed Potatoes, Black Eyed Peas, Collard Greens, Corn O' Brien

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29 August 2011	30 August 2011	31 August 2011
Monday	Tuesday	Wednesday
DAY (1)	DAY (2)	DAY (3)
LUNCH – Swiss	LUNCH - Onion-	LUNCH – Sweet N
Steak w/ Tomato	Lemon Baked Fish,	Sour Pork, Sukiyaki,
Sauce, Baked Chicken,	Pork Schnitzel, Beef	Szechwan Chicken,
Sweet Italian Sausage,	Yakisoba, Mashed	Pork Fried Rice,
Peppers & Onions,	Potatoes, Ginger Rice,	Steamed Rice
Steamed Rice, Mashed	Spinach, Simmered	Broccoli, Cauliflower
Potatoes, Broccoli,	Pinto Beans, Summer	Combo, Chow Mein
Carrots	Squash	Noodles
Cannonball	Steak and Cheese	Cheese Pizza, Reuben
Sandwich, Chicken	Sub, Cheese Fishwich	Sandwich
Nuggets	,	
	DINNER – Roast Loin	DINNER – Spaghetti
DINNER – Boneless	of Pork, BBQ Beef	w/ Meat Sauce, Swiss
Roast Turkey, Rib eye	Cubes, Chicken	Steak w/ Brown
Steak, Tempura Fried	Fajitas, O'Brien	Gravy, Fried Chicken,
Fish, Mashed Potatoes,	Potatoes, Steamed	Brown Rice, Mashed
Corn Bread Dressing,	Rice, Cauliflower,	Potatoes, Fried
Succotash, Tempura	Corn on the Cob, Lima	Cauliflower,
Vegetables, Herbed	Beans	Asparagus, Cabbage
Green Beans		l isparagus, custage
Green Beams		