

1 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	2 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	3 August 2011 Wednesday DAY (3) LUNCH – Sauerbraten, Jaegerschnitzel, Knockwurst, Jefferson Noodles, Hot Potato Salad, Cream Corn, Spinach, Sauerkraut Cheese Pizza, Reuben Sandwich DINNER – Spaghetti w/ Meat Sauce, Swiss Steak w/ Brown Gravy, Fried Chicken, Brown Rice, Mashed Potatoes, Fried Cauliflower, Asparagus, Cabbage	4 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	5 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	6 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	7 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
8 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	9 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	10 August 2011 Wednesday DAY(10) LUNCH – Mexican Baked Chicken, Chicken Enchiladas, Beef Fajitas, Mexican Rice, Refried Beans, Calico Corn, Spanish Style Beans, Green Beans Chicken Cheese Fishwich, Monte Cristo Sand DINNER – – Lemon-Herbed Chicken, Sweet & Sour Pork, Jambalaya, Steamed Rice, Scalloped Potatoes, Mexican Corn, Broccoli, Cauliflower Combo	11 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	12 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	13 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	14 August 2011 Sunday DAY(14) LUNCH – 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

			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, Risssole 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, Risssole Potatoes, Rice Pilaf, Calico Corn, Club Spinach, Fried Okra	28 August 2011 Sunday DAY(14) LUNCH – 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

29 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	30 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	31 August 2011 Wednesday DAY (3) LUNCH – Sweet N Sour Pork, Sukiyaki, Szechwan Chicken, Pork Fried Rice, Steamed Rice Broccoli, Cauliflower Combo, Chow Mein Noodles Cheese Pizza, Reuben Sandwich DINNER – Spaghetti w/ Meat Sauce, Swiss Steak w/ Brown Gravy, Fried Chicken, Brown Rice, Mashed Potatoes, Fried Cauliflower, Asparagus, Cabbage				