

					<p><b>Saturday 1 Aug 09 (13)</b>  <b>Lunch-</b> Strip Loin Steak, BBQ Spareribs, Herbed Baked Chicken, Rice Pilaf, Baked Potatoes, Siummer Squash, Brussel Sprouts, Corn on the Cob</p> <p><b>Dinner-</b> Pork Chops w/ Brown Gravy, Stir Fry Chicken &amp; Broccoli, Fish Almandine, Rissole Potatoes, Rice Pilaf, Calico Corn, Club Spinach, Fried Okra</p>	<p><b>Sunday 2 Aug 09 (14)</b>  Sauerbraten, Baked Fish, Chicken Parmesan, Au Gratin Potatoes, Egg Noodles, Fried Cabbage, Mixed Vegetables, Cauliflower Combo</p> <p><b>DINNER</b> – Ginger BBQ Chicken, Cajun Meatloaf, Beef Manicotti/Cannelloni, Crispy Potato Wedges, Mashed Potatoes, Black Eyed Peas, Collard Greens, Corn O’ Brien</p>
<p><b>Monday 3 Aug 09 (1)</b>  <b>LUNCH</b> – Swiss Steak w/ Tomato Sauce, Baked Chicken, Sweet Italian Sausage, Peppers &amp; Onions, Harvest Blend Rice, Mashed Potatoes, Broccoli, Carrots, Cannonball Sandwich, Chicken Nuggets</p> <p><b>DINNER</b> – Boneless Roast Turkey, Rib eye Steak, Tempura Fried Fish, Mashed Potatoes, Corn Bread Dressing, Succotash, Tempura Vegetables, Herbed Green Beans</p>	<p><b>Tuesday 4 Aug 09 (2)</b>  <b>LUNCH</b> – Fish w/Lemon/Garlic Butter, Pork Schnitzel, Beef Yakisoba, Mashed Potatoes, Ginger Rice, Spinach, Simmered Pinto Beans, Summer Squash, Steak and Cheese Sub, Cheese Fishwich</p> <p><b>DINNER</b> – Roast Loin of Pork, BBQ Beef Cubes, Chicken Fajitas, O’Brien Potatoes, Steamed Rice, Cauliflower, Corn on the Cob, Lima Beans</p>	<p><b>Wednesday 5 Aug 09 (3)</b>  <b>Lunch-</b> Sauerbraten, Jagerschnitzel, knockwurst, Jefferson noodles, hot potato salad, cream corn, spinach, sauerkraut, Cheese fishwich, Monte Cristo Sandwich</p> <p><b>DINNER</b> – Spaghetti w/ Meat Sauce, Swiss Steak w/ Brown Gravy, Fried Chicken, Brown Rice, Mashed Potatoes, Fried Cauliflower, Asparagus, Cabbage</p>	<p><b>Thursday 6 Aug 09 (4)</b>  <b>LUNCH</b> – Pork Chops w/ Mushroom Gravy, Salisbury Steak, Tempura Fried Fish, Rissole Potatoes, Steamed Rice, Broccoli, Peas &amp; Carrots, Steamed Corn, Buffalo Wings, Roast Beef Sub</p> <p><b>DINNER</b> – Pepper Steak, Pasta Primavera, Mr. Z’s Baked Chicken, Steamed Rice, Mashed Potatoes, Fried Okra, Green Beans, Mixed Vegetables</p>	<p><b>Friday 7 Aug 09 (5)</b>  <b>LUNCH</b> – Salmon Patties, Boneless Roast Turkey, Beef Stew, Egg Noodles, Steamed Rice, Corn on the Cob, Cauliflower, Collard Greens, BBQ Pork Sandwich, Burritos</p> <p><b>DINNER</b> – Chili Macaroni, BBQ Chicken, Southern Fried Catfish, Crispy Potato Wedges, Spanish Rice, Fried Cabbage, Steamed Carrots, Broccoli</p>	<p><b>Saturday 8 Aug 09 (6)</b>  <b>LUNCH</b> – Savory Baked Chicken, Swedish Meatballs, Baked Lemon Onion Fish, Mashed Potatoes, Steamed Rice, Creamed Corn, Asparagus, Summer Squash</p> <p><b>DINNER</b> – Baked Fish, Simmered Knockwurst, Chinese 5-Spice Chicken, Parsley Buttered Potatoes, Spicy Brown Rice Pilaf, Vegetable Stir Fry, Boston Baked Beans, Spinach</p>	<p><b>Sunday 9 Aug 09 (7)</b>  <b>LUNCH</b> - Oven Fried Fish, BBQ Spareribs, Chicken Breast Parmesan, Baked Macaroni/Cheese, O’Brien Potatoes, Peas, Sweet Potatoes, Broccoli Combo, Cheese Pizza, Reuben Sandwich</p> <p><b>DINNER</b> – Stir Fry Beef w/ Broccoli, Turkey Nuggets, Pork Chop Sue, Baked Potatoes, Rice Pilaf, Corn on the Cob, Green beans, Peas &amp; Carrots</p>

<p><b>Monday 10 Aug 09 (8)</b>  <b>LUNCH</b> – 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  <b>DINNER</b> – Spaghetti w/ Meat Sauce, Strip Loin Steak, Roast Turkey, Baked Potatoes, Pea &amp; Pepper Rice, Summer Squash, Glazed Carrots, Broccoli</p>	<p><b>Tuesday 11 Aug 09 (9)</b>  <b>LUNCH-</b> Teriyaki Chicken, Veal Parmesan, Cheddar Baked Fish, Steamed Rice, Parsley Buttered Potatoes, Fried Cabbage, Succotash, Steamed Carrots, Pizza, Buffalo wings  <b>DINNER</b> – Country Captain Chicken, Meatloaf, Turkey Ala King, Steamed Rice, Mashed Potatoes, Tempura Vegetables, Mustard Greens, Okra/ Tomato Gumbo</p>	<p><b>Wednesday 12 Aug (10)</b>  <b>LUNCH</b> – Sweet N Sour Pork, Sukiyaki, Szechwan Chicken, Prok Fried Rice, Steamed Rice Broccoli, Cauliflower Combo, Chow Mein Noodles  <b>DINNER</b> – – Lemon-Herbed Chicken, Sweet &amp; Sour Pork, Stuffed Pork Chops, Steamed Rice, Scalloped Potatoes, Mexican Corn, Broccoli, Cauliflower Combo</p>	<p><b>Thursday 13 Aug 09 (11)</b>  <b>LUNCH</b> – Herbed Baked Chicken, Beef &amp; Noodles, Southern Fried Catfish, Mashed Potatoes, Black-eyed Peas w/ Rice, Glazed Sweet Potatoes, Mixed Vegetables, Peas, Cannonball Sandwich, Fried Chicken Patty  <b>DINNER</b> – Roast Pork Loin, Veal Jaegerschnitzel, Chicken Cordon Bleu, Potato Halves, Orange Rice, Steamed Carrots, Corn Combo, Simmered Pinto B</p>	<p><b>Friday 14 Aug 09 (12)</b>  <b>LUNCH</b> – Mexican baked Chicken, Country Style Steak, Onion Lemon Baked Fish, Mashed Potatoes, Baked Mac/Cheese, Corn–on-cob, Spanish style beans, Peas/Carrots, BBQ Pork Sandwich, Chicken nuggets  <b>DINNER</b> – Lasagna, Spaghetti w/meat Sauce, Chicken Cacciatore, Steamed Rice, Italian Style Baked Beans, Corn `O Brien, Broccoli, Cauliflower Parmesan</p>	<p><b>Saturday 15 Aug 09 (13)</b>  <b>LUNCH</b> – Crispy Baked Chicken, Baked Canned Ham, Beef Yakisoba, Raisin Sauce, Baked Potatoes, Spicy Brown Pilaf Rice, Broccoli, French Style Peas, Glazed Carrots  <b>DINNER</b> – Fish Almandine, Pork Chops w/Brown Gravy, Stir Fry Chicken w/ Broccoli, Rissole Potatoes, Rice Pilaf, Calico Corn, Club Spinach, Fried Okra</p>	<p><b>Sunday 16 Aug 09 (14)</b>  <b>LUNCH</b> - Sauerbraten, Baked Fish, Chicken Parmesan, Au Gratin Potatoes, Egg Noodles, Fried Cabbage, Mixed Vegetables, Cauliflower Combo  <b>DINNER</b> – Ginger BBQ Chicken, Cajun Meatloaf, Beef Manicotti/Cannelloni, Crispy Potato Wedges, Mashed Potatoes, Black Eyed Peas, Collard Greens, Corn O’ Brien</p>
<p><b>Monday 17 Aug 09 (1)</b>  <b>LUNCH</b> – Swiss Steak w/ Tomato Sauce, Baked Chicken, Sweet Italian Sausage, Peppers &amp; Onions, Harvest Blend Rice, Mashed Potatoes, Broccoli, Carrots, Cannonball Sandwich, Chicken Nuggets  <b>DINNER</b> – Boneless Roast Turkey, Rib eye Steak, Tempura Fried Fish, Mashed Potatoes, Corn Bread Dressing, Succotash, Tempura Vegetables, Herbed Green Beans</p>	<p><b>Tuesday 18 Aug 09 (2)</b>  <b>LUNCH</b> – Fish w/Lemon/Garlic Butter, Pork Schnitzel, Beef Yakisoba, Mashed Potatoes, Ginger Rice, Spinach, Simmered Pinto Beans, Summer Squash, Steak and Cheese Sub, Cheese Fishwich  <b>DINNER</b> – Roast Loin of Pork, BBQ Beef Cubes, Chicken Fajitas, O’Brien Potatoes, Steamed Rice, Cauliflower, Corn on the Cob, Lima Beans</p>	<p><b>Wednesday 19 Aug 09 (3)</b>  <b>LUNCH</b> – Mexican Bkd Chicken, Chicken Enchiladas, Beef Fajitas, Mexican Rice, Refried Beans, Calico Corn, Spanish Style Beans, Green Beans  <b>DINNER</b> – Spaghetti w/ Meat Sauce, Swiss Steak w/ Brown Gravy, Fried Chicken, Brown Rice, Mashed Potatoes, Fried Cauliflower, Asparagus, Cabbage</p>	<p><b>Thursday 20 Aug 09 (4)</b>  <b>LUNCH</b> – Pork Chops w/ Mushroom Gravy, Salisbury Steak, Tempura Fried Fish, Rissole Potatoes, Steamed Rice, Broccoli, Peas &amp; Carrots, Steamed Corn, Buffalo Wings, Roast Beef Sub  <b>DINNER</b> – Pepper Steak, Pasta Primavera, Mr. Z’s Baked Chicken, Steamed Rice, Mashed Potatoes, Fried Okra, Green Beans, Mixed Vegetables</p>	<p><b>Friday 21 Aug 09 (5)</b>  <b>LUNCH</b> – Salmon Patties, Boneless Roast Turkey, Beef Stew, Egg Noodles, Steamed Rice, Corn on the Cob, Cauliflower, Collard Greens, BBQ Pork Sandwich, Burritos  <b>DINNER</b> – Chili Macaroni, BBQ Chicken, Southern Fried Catfish, Crispy Potato Wedges, Spanish Rice, Fried Cabbage, Steamed Carrots, Broccoli</p>	<p><b>Saturday 22 Aug 09 (6)</b>  <b>LUNCH</b> – Savory Baked Chicken, Swedish Meatballs, Baked Lemon Onion Fish , Mashed Potatoes, Steamed Rice, Creamed Corn, Asparagus, Summer Squash  <b>DINNER</b> – Baked Fish, Simmered Knockwurst, Chinese 5-Spice Chicken, Parsley Buttered Potatoes, Spicy Brown Rice Pilaf, Vegetable Stir Fry, Boston Baked Beans, Spinach</p>	<p><b>Sunday 23 Aug 09 (7)</b>  <b>LUNCH</b> - Oven Fried Fish, BBQ Spareribs, Chicken Breast Parmesan, Baked Macaroni/Cheese, O’Brien Potatoes, Peas, Sweet Potatoes, Broccoli Combo, Cheese Pizza, Reuben Sandwich  <b>DINNER</b> – Stir Fry Beef w/ Broccoli, Turkey Nuggets, Pork Chop Sue, Baked Potatoes, Rice Pilaf, Corn on the Cob, Green beans, Peas &amp; Carrots</p>

<p><b>Monday 24 Aug 09 (8)</b>  <b>LUNCH</b> – 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</p> <p><b>DINNER</b> – Spaghetti w/ Meat Sauce, Strip Loin Steak, Roast Turkey, Baked Potatoes, Pea &amp; Pepper Rice, Summer Squash, Glazed Carrots, Broccoli</p>	<p><b>Tuesday 25 Aug 09 (9)</b>  <b>LUNCH-</b> Teriyaki Chicken, Veal Parmesan, Cheddar Baked Fish, Steamed Rice, Parsley Buttered Potatoes, Fried Cabbage, Succotash, Steamed Carrots,  <b>Pizza, Buffalo wings</b></p> <p><b>DINNER</b> – Country Captain Chicken, Meatloaf, Turkey Ala King, Steamed Rice, Mashed Potatoes, Tempura Vegetables, Mustard Greens, Okra/ Tomato Gumbo</p>	<p><b>Wednesday 26 Aug (10)</b>  <b>LUNCH</b> – Lasagna, Italian-Style Veal, Italian Sausage, Franconia Potatoes, Spring Garden Rice, Italian-Style Baked Beans, Green beans Parsienne, Calico Corn, Garlic Bread, Cheese Fishwich, Monte Cristo Sand</p> <p><b>DINNER</b> – – Lemon-Herbed Chicken, Sweet &amp; Sour Pork, Stuffed Pork Chops, Steamed Rice, Scalloped Potatoes, Mexican Corn, Broccoli, Cauliflower Combo</p>	<p><b>Thursday 27 Aug 09 (11)</b>  <b>LUNCH</b> – Herbed Baked Chicken, Beef &amp; Noodles, Southern Fried Catfish, Mashed Potatoes, Black-eyed Peas w/ Rice, Glazed Sweet Potatoes, Mixed Vegetables, Peas, Cannonball Sandwich, Fried Chicken Patty</p> <p><b>DINNER</b> – Roast Pork Loin, Veal Jaegerschnitzel, Chicken Cordon Bleu, Potato Halves, Orange Rice, Steamed Carrots, Corn Combo, Simmered Pinto B</p>	<p><b>Friday 28 Aug 09 (12)</b>  <b>LUNCH</b> – Mexican baked Chicken, Country Style Steak, Onion Lemon Baked Fish, Mashed Potatoes, Baked Mac/Cheese, Corn–on-cob, Spanish style beans, Peas/Carrots, BBQ Pork Sandwich, Chicken nuggets  <b>DINNER</b> – Lasagna, Spaghetti w/meat Sauce, Chicken Cacciatore, Steamed Rice, Italian Style Baked Beans, Corn `O Brien, Broccoli, Cauliflower Parmes</p>	<p><b>Saturday 29 Aug 09 (13)</b>  <b>Lunch-</b> Strip Loin Steak, BBQ Spareribs, Herbed Baked Chicken,Rice Pilaf, Baked Potatoes, Siummer Squash,Brussel Sprouts,Corn on the Cob</p> <p><b>Dinner-</b> Pork Chops w/ Brown Gravy, Stir Fry Chicken &amp; Broccoli, Fish Almandine, Rissole Potatoes, Rice Pilaf, Calico Corn, Club Spinach, Fried Okra</p>	<p><b>Sunday 30 Aug 09 (14)</b>  Sauerbraten, Baked Fish, Chicken Parmesan, Au Gratin Potatoes, Egg Noodles, Fried Cabbage, Mixed Vegetables, Cauliflower Combo</p> <p><b>DINNER</b> – Ginger BBQ Chicken, Cajun Meatloaf, Beef Manicotti/Cannelloni, Crispy Potato Wedges, Mashed Potatoes, Black Eyed Peas, Collard Greens, Corn O’ Brien</p>
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<p><b>Monday 31 Aug 09 (1)</b>  <b>LUNCH</b> – Swiss Steak w/ Tomato Sauce, Baked Chicken, Sweet Italian Sausage, Peppers &amp; Onions, Harvest Blend Rice, Mashed Potatoes, Broccoli, Carrots, Cannonball Sandwich, Chicken Nuggets</p> <p><b>DINNER</b> – Boneless Roast Turkey, Rib eye Steak, Tempura Fried Fish, Mashed Potatoes, Corn Bread Dressing, Succotash, Tempura Vegetables, Herbed Green Beans</p>						
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