





Monday

August 19, 2019

	Soups	Curried Lentil Soup VEGETARIAN	
		Chicken Carrot Soup	
		Grilled Chicken Breast Mediterranean, Whole Wheat Cous Cous Pilaf, Fresh Vegetable	
	Entrées	Falafel with Pita Bread	
		Oven Roasted Salmon with Fresh Herbs & Sundried Tomatoes	
	Sides	Jasmine Rice, Whole Wheat Cous Cous, Sweet Potatoes, Buttered Corn, Zucchini & Tomatoes, Green Beans	


Tuesday

August 20, 2019

	Soups	Chicken & Kale	
		Creamy Coconut Milk & Cauliflower VEGETARIAN	
		Pot Roast, Mashed Potatoes, Fresh Seasonal Vegetable	
	Entrées	Sambal Marinated Chicken Skewers	
		Stir-Fried Tofu & Shiitake Mushrooms w/ Sesame- Soy Glaze VEGETARIAN	
	Sides	Jasmine Rice, Mashed Potatoes, Green Wheat Freekeh Pilaf, Broccolini, Chef's Vegetable, Brussels Sprouts	


Wednesday

August 21, 2019

	Soups	Italian Wedding Soup	
		Spring Vegetable Soup VEGETARIAN	
		Turkey Medallion Marsala, 5 Grain Rice, Fresh Seasonal Vegetable	
	Entrées	Orange Chicken	
		Asparagus Pasta VEGETARIAN	
	Sides	Jasmine Rice, Au gratin Potatoes, 5 Grain Rice Pilaf, Broccoli, Chef's Vegetable, Brussels Sprouts	


Thursday

August 22, 2019

	Soups	Chicken & Dumplings	
		Vegetable Chili VEGETARIAN	
		Butternut Squash Ravioli with Vegetables, Mountain Red Rice, Fresh Seasonal Vegetable VEGETARIAN	
	Entrées	Chicken Adobo	
		Kahlua Pork	
	Sides	Jasmine Rice, Spanish Rice, Broccoli, Chef's Vegetable Blend, Squash Medley, Kale with Tomatoes	

Friday

August 23, 2019

	Soups	Miso Soup VEGETARIAN	
		Texas Style Red Chili	
		Baked Basa Fish with Fresh Tomatoes & Balsamic, Mountain Red Rice, Fresh Seasonal Vegetable	
	Entrées	Pulled BBQ Chicken Sandwich w/ Pineapple Coleslaw	
		Fettucine w/ Green Beans, Sliced Potatoes & Basil Pesto VEGETARIAN	
	Sides	Jasmine Rice, Baked Stuffed Potatoes, Mountain Red Rice Pilaf, Broccoli Florets, Vegetable Medley	

VEGETARIAN Does not contain meat, fish or fowl; may contain dairy & eggs.

SPICY Seasoned with or containing spice.