


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	BREAKFAST 1 Assorted Hot/Cold Cereal, Scramble Eggs, Sausage, Toast Seasonal Fruit LUNCH Tuna Casserole Steamed Mixed Veggies Vanilla Cake DINNER Roasted Cauliflower Soup Crackers, Strawberry Jell-O	BREAKFAST 2 Assorted Hot/Cold Cereal, Hotcakes, Yogurt with Prunes LUNCH Special Tuna Salad Crackers Ice Cream DINNER Beef Fajita with Bell Peppers, Onions and Flour Tortilla Ice cream	BREAKFAST 3 Assorted Hot/Cold Cereal, Eggs with Vegetables, Bacon and Toast LUNCH Avocado Chicken and Tomato Sandwich with Sweet Potatoes Fries Chocolate Brownie DINNER Grill Cheddar Cheese Sandwich, Roasted Garlic Potato Salad Jell-O Poke Cake	BREAKFAST 4 Assorted Hot/Cold Cereal, Chilaquiles, Fried Beans, Eggs. LUNCH Beef, Cheese and Black Bean Burrito with Salsa Ice Cream DINNER Meatloaf with Mushroom Gravy Roast Celery, Carrots and Onions Pineapple Upside-down	BREAKFAST 5 Assorted Hot/Cold Cereal, Scramble Eggs, Bacon, Seasonal Fruit. LUNCH Marinated Pork Loin with Roast Vegetables. Lemon cake DINNER Chicken Soup with White Rice Crackers Vanilla Pudding	BREAKFAST 6 Assorted Hot/Cold Cereal, Buttermilk Pancakes with Whipped cream, Seasonal Fruit. LUNCH Chicken Fajita with Vegetables Spanish Rice Chocolate Brownie DINNER Cheese Ravioli, Garlic bread Caesar Salad Lemon Cake
BREAKFAST 7 Assorted Hot/Cold Cereal Eggs and Vegetables Bacon and Toast LUNCH Egg Salad Sandwich Potato Chips Ice cream DINNER Beef Stew, Crackers Pineapple Upside-down	BREAKFAST 8 Assorted Hot/Cold Cereal, Hash Brown, Eggs, Bacon, Seasonal Fruit, Toast. LUNCH Cheese Ravioli, Garlic bread, Caesar Salad, Ice Cream DINNER Roasted Turkey Breast with Gravy, Mash Potatoes, Glazed Carrots and Onions, Lemon Cake	BREAKFAST 9 Assorted Hot/Cold Cereal Eggs with Bell Pepper, Bacon Seasonal Fruit. LUNCH Chicken Enchilada Casserole, Spanish Rice Chocolate Cookies DINNER Deviled Eggs Pasta Salad, Crackers Ice Cream	BREAKFAST 10 Assorted Hot/Cold Cereal Over Easy Eggs, Sausage Seasonal Fruit, Toast LUNCH Catch of the Day, Buttered Vegetables, Steamed Rice Fruit Salad DINNER Albondigas Soup, Corn Quesadilla Strawberry Cake	BREAKFAST 11 Cold Cereal, Oatmeal with Banana and Berries, Scramble Eggs, Bacon. LUNCH BBQ Pulled Pork Hawaiian Slider, Cold Macaroni Salad, Fresh Fruit Pineapple Upside-down DINNER Tomato soup Grilled Cheese Sandwich Ice Cream	BREAKFAST 12 Assorted Hot/Cold Cereal, Eggs and Vegetables, Bacon, Toast LUNCH Beef Lasagna, Garlic Bread, Caesar Salad Cheese Cake DINNER Chicken Quesadillas Pico de Gallo, Guacamole Orange Cake	BREAKFAST 13 Assorted Hot/Cold Cereal Belgian Waffles Eggs, Sausage LUNCH Chicken Stew with Rice Strawberry Cake DINNER Chicken Soup with White Rice Crackers Ice Cream
BREAKFAST 14 Assorted Hot/Cold Cereal, Fried Eggs, Bacon, Toast, Fresh Fruit. LUNCH Stuffed Green Pepper Caesar Salad Pineapple Cake DINNER Beef Stew, Grill Cheese Sandwich Chocolate Cake	BREAKFAST 15 Assorted Hot/Cold Cereal Belgium Waffles, Bacon Seasonal Fruit LUNCH Shrimp Salad, Crackers Vanilla Cake DINNER Beef Soup Grilled Ham Sandwich Cheese Cake	BREAKFAST 16 Assorted Hot/Cold Cereal, Scrambled Eggs, Sausage Yogurt with Prunes LUNCH Hot Dogs, Chili Beans Sweet Potato Fries Ice Cream DINNER Egg Salad Sandwich, Potato Chips Fruit Cocktail	BREAKFAST 17 Assorted Hot/Cold Cereal Boiled Eggs, Bacon Toast, Seasonal Fruit LUNCH Chicken Teriyaki with Vegetables Steamed White Rice Chocolate Cake DINNER Catch of the Day, Vegetables, Rice. Ice Cream.	BREAKFAST 18 Assorted Hot/Cold Cereal, Mexican Scrambled Eggs, Tortilla, Bacon LUNCH Ravioli and Vegetable Soup Bacon-Egg Sandwich Heavens Fruit Salad DINNER Chicken Wrap Strawberry Avocado Salad Lemon Cake	BREAKFAST 19 Assorted Hot/Cold Cereal, Over Easy Eggs, Sausage Fresh Fruit, Toast. LUNCH Chicken Salad, Crackers. Cookies DINNER Mexican Bean Soup Corn Tortilla Arroz con Leche	BREAKFAST 20 Assorted Hot/Cold Cereal Scrambled Eggs, Sausage Fresh Fruit, Toast LUNCH Grilled Cheese Sandwich Roasted Garlic Potato Salad Jell-O DINNER Beef Fajita with Bell Peppers, Onions and Flour Tortilla, Ice cream.
BREAKFAST 21 Assorted Hot/Cold Cereal Belgium Waffles, Eggs, Bacon LUNCH Shrimp Ceviche Tortilla Chips Ice cream DINNER Albondigas Soup with Rice Garlic Bread Lemon Cake	BREAKFAST 22 Assorted Hot/Cold Cereal, Loaded Country Potatoes, Eggs, Bacon Seasonal Fruit. LUNCH Green Enchiladas Refried beans, Spanish Rice Vanilla Ice Cream DINNER Beef Picadillo, Toast with Butter Cream Strawberry	BREAKFAST 23 Assorted Hot/Cold Cereal, Hotcakes, Sausage Yogurt with Prunes LUNCH Spaghetti, Green Salad Garlic Bread Ice Cream DINNER Chicken Stew with Rice Lemon Carlotta	BREAKFAST 24 Assorted Hot/Cold Cereal Huevos Rancheros Corn Tortilla, Bacon. LUNCH Low Country Shrimp Chowder Grilled Potato Sandwich Orange Cake DINNER Chicken Fajitas, Rice Strawberry Cake	BREAKFAST 25 Assorted Hot/Cold Cereal Eggs and Vegetables Bacon and Toast LUNCH Cheeseburgers French Fries Strawberry Cake DINNER Beef Stew, Crackers Banana Split	BREAKFAST 26 Assorted Hot/Cold Cereal Spinach Omelets, Sausage Fresh Fruit LUNCH Pizza, Green Salad Ice Cream DINNER Lentil Soup Grill Cheese Sandwich Orange Cake	BREAKFAST 27 Assorted Hot/Cold Cereal, Chilaquiles, Eggs, Bacon LUNCH Baked Chicken Thighs Steamed White Rice Chocolate Cake DINNER Meatloaf with Mushroom Gravy Grilled Vegetables Strawberry Cake
BREAKFAST 28 Assorted Hot/Cold Cereal, English Muffin, Eggs, Bacon, Fruit LUNCH Mushroom Lasagna, Green Salad, Garlic Bread Fresh Fruit DINNER Chicken Quesadillas, Pico de Gallo Guacamole Orange Cake	BREAKFAST 29 Assorted Hot/Cold Cereal Buttermilk Pancake with Berries on top, Bacon. LUNCH Creamy Chicken, Rice, Steamed Vegetables Strawberry Jell-O DINNER Cream of Celery, Garlic Bread. Ice Cream	BREAKFAST 30 Assorted Hot/Cold Cereal Scrambled Eggs with Ham Yogurt with Prunes LUNCH Carne en su Jugo, Beans, Tortillas Tres Leches Cake DINNER Steak with Mushrooms and Gravy, Mash Potatoes, Roasted Celery Carrots and Onions, Cookies	BREAKFAST 31 Cold Cereal, Oatmeal with Banana and Berries, Scrambled Eggs, Bacon LUNCH Carne Asada Tacos Pico de Gallo Refried Beans, Ice Cream DINNER Chicken Mexican Soup Grilled Cheese Sandwich Banana Split	 <h1 style="font-family: cursive;">August 2022</h1> <h1 style="font-family: cursive;">Monthly Menu</h1>		