



# Lunch Menu

Monday - Tuesday - Wednesday - Thursday - Friday

12:00 pm

\$ 3.50 Contribution



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| Mon   | Tues   | Wed   | Thurs  | Fri  |
|---|--|---|--|--|
| <p><i>"Smell the sea, and feel the sky. Let your soul and spirit fly." - Van Morrison</i></p>   |  | <p><u>August 1-</u><br/>Rosemary Oven Browned Chicken<br/>Pea &amp; Cheese Salad<br/>California Blend Vegetables<br/>Wheat Dinner Roll<br/>Watermelon </p> |  | <p><u>August 3-</u><br/>Broccoli Cheese Topped Baked Potato<br/>Split Pea Soup<br/>Wheat Bread<br/>Pears </p>                                       |
| <p><u>August 6-</u><br/>BBQ Pork Riblet Bun<br/>Cauliflower Corn<br/>Applesauce</p>   | <p><u>August 7-</u><br/>Ham, Turkey ,<br/> Roast Beef<br/><br/>Sandwich and Soup</p>    | <p><u>August 8-</u><br/>Chicken Salad Sandwich<br/>Wheat Thinwich<br/>Yankee Bean Soup<br/>Tossed Salad</p>   |  | <p><u>August 10-</u><br/>Tuna Pasta Salad<br/>Lettuce, Tomato <br/>Apple Juice<br/>Spinach Lentil Soup<br/>Apricots</p>                             |
| <p><u>August 13-</u><br/>Broccoli &amp; Cheese Quiche<br/>Green Beans<br/>Corn<br/>Wheat Bread<br/>Pineapple </p>                        | <p><u>August 14-</u><br/>Ham, Turkey ,<br/><br/>Roast Beef<br/><br/>Sandwich and Soup</p>  | <p><u>August 15-</u><br/>Breaded Haddock<br/>Red Jacketed Potatoes<br/>Tuscany Blend <br/>Vegetables<br/>Marble Rye Bread<br/>Plums</p>                 | <p><u>August 16-</u><br/>Roast Beef<br/>Sandwich w/ L, T<br/>Thinwich<br/>Vegetable Soup<br/>Pea &amp; Cheese Salad<br/>Watermelon</p> | <p><u>August 17-</u><br/>Chicken Breast w/ Lettuce <br/>Tomato<br/>Orange Juice<br/>Summer Potato Salad<br/>Ice Cream Sandwich</p>                |
| <p><u>August 20-</u><br/>Macaroni &amp; Cheese<br/>Tomatoes, Zucchini &amp; Onions <br/>Green Beans<br/>Rye Bread<br/>Fruit Cocktail</p> | <p><u>August 21-</u><br/>Seafood Salad<br/>Lettuce, Tomato<br/>Thinwich<br/>Cabbage Beef Soup<br/>Honeydew</p>   | <p><u>August 22-</u><br/>Fajita Chicken on Spinach Romaine Salad<br/>Minestrone Soup<br/>Wheat Sinner Roll<br/>Cantaloupe </p>                           |  | <p><u>August 24-</u><br/>Italian Sausage Pasta &amp; Sauce <br/>Wax Beans<br/>Italian Blend Vegetables<br/>Italian Bread<br/>Mandarin Oranges</p> |
| <p><u>August 27-</u><br/>Stuffed Pepper w/ Sauce<br/>Corn<br/>Spinach<br/>Marble Rye Bread<br/>Peaches </p>                              | <p><u>August 28-</u><br/>Ham, Turkey ,<br/> Roast Beef<br/><br/>Sandwich and Soup</p> | <p><u>August 29-</u><br/><u>Grandkids Day</u><br/>Pizza<br/>Tossed Salad <br/>Grape Juice<br/>Fruit Cocktail</p>   |  | <p><u>August 31-</u><br/>Chicken w/ BBQ Sauce<br/>Apple Juice<br/>Yankee Bean Soup<br/>Mashed Sweet Potatoes<br/>Pumpnickel Bread<br/>Fruit Cocktail</p>   |



**Come and Join Us For Lunch**  
**Call for Reservations 334-4030**

Certified by Mary Apps, MS, RD, CDN

\*= Meal is NOT certified by MCOFA Dietitian or provided by ABVI

