

# August 2017









**SUGGESTED DONATION: \$2.00 PER MEAL**

Menu Subject to Change without Notice



Fresh green salads and fruits served weekly

Desserts and seasonal fruits provided when available

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
		<b>Sausage* &amp; Beans</b> Winter Vegetables Cabbage Whole Wheat Bread w/Marg Apple Juice	 <b>1</b>	<b>Chimichurri Chicken</b> Black Beans & Corn Broccoli Whole Wheat Bread w/Marg Raisins	<b>2</b>	<b>Lasagna w/Meat Sauce (beef)</b> Mixed Greens Corn w/Peppers Whole Wheat Bread w/Marg Strawberry Applesauce	<b>3</b>	<b>Pollock (fish) w/Coconut Rice</b> Cinnamon Apples Broccoli Whole Wheat Bread w/Marg Banana	 <b>4</b>
<b>Chicken &amp; Dumplings</b> Lima Beans Winter Vegetables Whole Wheat Bread w/Marg Apple	<b>7</b>	<b>Beef Meatballs w/Rice &amp; Gravy</b> Peas & Carrots Cauliflower Whole Wheat Bread w/Marg Pear Cup	<b>8</b>	<b>Beef Pepper Patty w/Gravy</b> Mixed Greens Sweet Potatoes Whole Wheat Bread w/Marg Raisins	<b>9</b>	<b>Ginger Pork*</b> Red Skin Potatoes Green Pea Blend Whole Wheat Bread w/Marg Orange Juice	 <b>10</b>	<b>BBQ Chicken Breast</b> Sweet Potatoes Broccoli Whole Wheat Bread w/Marg Banana	<b>11</b>
<b>BBQ Chicken Drumsticks</b> Brussels Sprouts Black Beans & Corn Whole Wheat Bread w/Marg Apple	 <b>14</b>	<b>Salisbury Steak (beef)</b> Red Skin Potatoes Mixed Vegetables Whole Wheat Bread w/Marg Grape Juice	<b>15</b>	<b>Mushroom Swiss Chicken Breast</b> Cinnamon Apples Peas & Carrots Whole Wheat Bread w/Marg Pineapple Cup	<b>16</b>	<b>Pizzaiola Pork*</b> Asparagus Carrots Whole Wheat Bread w/Marg Raisins	 <b>17</b>	<b>Beef Strips w/Orange Rice</b> Broccoli Corn w/Peppers Whole Wheat Bread w/Marg Banana	<b>18</b>
<b>Veal (beef) Parmesan</b> Carrots Green Pea Blend Whole Wheat Bread w/Marg Blended Juice	<b>21</b>	<b>Rosemary Chicken</b> Cinnamon Apples Spring Vegetables Whole Wheat Bread w/Marg Raisins	<b>22</b>	<b>Beef Meatballs over Pizzaiola Pasta</b> Green Beans Carrots Whole Wheat Bread w/Marg Orange	<b>23</b>	<b>Tilapia (fish) w/Spinach Sauce</b> Sweet Potatoes Cauliflower Bran Muffin w/Marg Applesauce Cup	<b>24</b>	<b>Zesty Orange Chicken &amp; Rice</b> Kidney Beans Corn w/Peppers Whole Wheat Bread w/Marg Banana	<b>25</b>
<b>Honey Lemon Chicken &amp; Rice</b> Black Beans & Corn Brussels Sprouts Whole Wheat Bread w/Marg Apple	<b>28</b>	<b>Stuffed Shell &amp; Meat (beef) Sauce</b> Northern Beans Spring Vegetables Whole Wheat Bread w/Marg Orange Juice	<b>29</b>	<b>Breakfast Scramble*</b> Asparagus Hash Browns Bran Muffin w/Marg Mixed Fruit Cup	 <b>30</b>	<b>Bruschetta Chicken</b> Red Skin Potatoes Green Beans Whole Wheat Bread w/Marg Banana	 <b>31</b>	For more information about our program visit our website at <a href="http://www.mowsac.org">www.mowsac.org</a>	