

August Dinner Menu- Regular Diet

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				8/1	8/2	8/3
				Braised Beef Stroganoff with Basmati Brown Rice Pilaf	Greek Chicken with Mushroom and Artichoke Rice	Thai Peanut Noodles with Toasted Tofu
				roasted vegetables, apple, cheese stick	roasted vegetables, pear fruit cup	roasted vegetables, oven-roasted garbanzo beans, peach + pear fruit cup
8/4	8/5	8/6	8/7	8/8	8/9	8/10
Lemon Basil Chicken Salad with Pita Bread	Greek Chicken Sandwich	Pasta Balsamico with White Beans	Cheese Ravioli with Marinara and White Beans	Chicken Taco Plate with Basmati Brown Rice Pilaf	Roasted Chicken Parmesan with Marinara and Brown Rice Pilaf	Vegetarian Chili
baby carrots, applesauce, cheese stick	vegetable blend, apple	vegetable blend, apple	vegetable blend, spring mix with zucchini, pear fruit cup, dinner roll, cheese stick	roasted vegetables, pinto beans, applesauce, corn tortilla shells	roasted vegetables, peach + pear fruit cup, cheese stick	mixed vegetables, peach, dinner roll, cheese stick
8/11	8/12	8/13	8/14	8/15	8/16	8/17
Honey Ranch Chicken Salad with Pita Bread	Pasta Genovese with White Beans	Beef Mushroom Swiss Burger	Cheese Tortellini with Marinara and White Beans	Steak Taco Plate with Basmati Brown Rice Pilaf	Indian Chicken with Brown Rice Pilaf and Lentils	Chicken Margarita with Farro Pilaf
spring mix, apple, cheese stick	vegetable blend, apple	vegetable blend, peach + pear fruit cup, cheese stick	vegetable blend, apple, dinner roll, cheese stick	roasted vegetables, pinto beans, apple, corn tortillas, cheese stick	roasted vegetables, pear	roasted vegetables, pear fruit cup
8/18	8/19	8/20	8/21	8/22	8/23	8/24
Chicken Salad with Pita Bread	Vegetarian Pasta with White Beans	BBQ Chicken Sandwich	Cottage Cheese Dip with Hard Boiled Eggs and Pita Bread	Vegetarian Egg Frittata with Farro and Quinoa	Turkey Patty with Farro Pilaf	Vegetarian Chili
baby spring mix, apple, cheese stick	vegetable blend, pear, cheese stick	green beans, bbq cabbage slaw with caramelized onions, apple	baby carrots, pear	roasted vegetables, peach + pear fruit cup, dinner roll, cheese stick	roasted vegetables, pear fruit cup, cheese stick	mixed vegetables, applesauce, dinner roll
8/25	8/26	8/27	8/28	8/29	8/30	8/31
Cottage Cheese Dip with Hard Boiled Eggs and Pita Bread	Vegetarian Pasta Marinara with White Beans and Chicken Salad	Pesto Cheese Ravioli with White Beans	Balsamic Chicken Sandwich with Bun	BBQ Chicken with Cornbread	Teriyaki Chicken with Sesame Rice	Meatloaf and Basmati Rice Pilaf
baby carrots, peach + pear fruit cup, milk	vegetable blend, apple, saltine crackers, yogurt	spring mix with zucchini, vegetable blend, peach + pear fruit cup, dinner roll, milk	vegetable blend, pear fruit cup, yogurt	roasted vegetables, peach + pear fruit cup, yogurt	roasted vegetables, plum, milk	roasted vegetables, apple, milk

August Dinner Menu- Low K+ Diet

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				8/1	8/2	8/3
				Braised Beef Stroganoff with Basmati Brown Rice Pilaf	Greek Chicken with Mushroom and Artichoke Rice	Thai Peanut Noodles with Toasted Tofu
				roasted vegetables, apple, dinner roll, milk	roasted vegetables, pear fruit cup, milk	roasted vegetables, oven-roasted garbanzo beans, peach + pear fruit cup, yogurt
8/4	8/5	8/6	8/7	8/8	8/9	8/10
Lemon Basil Chicken Salad with Pita Bread	Greek Chicken Sandwich	Pasta Balsamico with White Beans	Cheese Ravioli with Marinara and White Beans	Chicken Taco Plate with Basmati Brown Rice Pilaf	Roasted Chicken Parmesan with Marinara and Brown Rice Pilaf	Vegetarian Chili
baby carrots, applesauce, milk	vegetable blend, apple, milk	vegetable blend, apple, yogurt	vegetable blend, spring mix with zucchini, pear fruit cup, dinner roll, milk	roasted vegetables, pinto beans, applesauce, corn tortilla shells, yogurt	roasted vegetables, peach + pear fruit cup, yogurt	mixed vegetables, peach, dinner roll, milk
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Honey Ranch Chicken Salad with Pita Bread	Pasta Genovese with White Beans	Beef Mushroom Swiss Burger	Cheese Tortellini with Marinara and White Beans	Steak Taco Plate with Basmati Brown Rice Pilaf	Indian Chicken with Brown Rice Pilaf and Lentils	Chicken Margarita with Farro Pilaf
spring mix, apple, milk	vegetable blend, apple, milk	vegetable blend, peach + pear fruit cup, cheese stick	vegetable blend, apple, dinner rolls, yogurt	roasted vegetables, pinto beans, apple, corn tortillas, cheese stick	roasted vegetables, pear, milk	roasted vegetables, pear fruit cup, dinner roll, milk
8/18	8/19	8/20	8/21	8/22	8/23	8/24
Chicken Salad with Pita Bread	Vegetarian Pasta with White Beans	BBQ Chicken Sandwich	Cottage Cheese Dip with Hard Boiled Eggs and Pita Bread	Vegetarian Egg Frittata with Farro and Quinoa	Turkey Patty with Farro Pilaf	Vegetarian Chili
baby spring mix, apple, apple, milk	vegetable blend, pear, cheese stick	green beans, bbq cabbage slaw with caramelized onions, apple, yogurt	baby carrots, pear, milk	roasted vegetables, peach + pear fruit cup, dinner roll, milk	roasted vegetables, pear fruit cup, milk	mixed vegetables, applesauce, dinner roll, yogurt
8/25	8/26	8/27	8/28	8/29	8/30	8/31
Cottage Cheese Dip with Hard Boiled Eggs and Pita Bread	Vegetarian Pasta Marinara with White Beans and Chicken Salad	Pesto Cheese Ravioli with White Beans	Balsamic Chicken Sandwich with Bun	BBQ Chicken with Cornbread	Teriyaki Chicken with Sesame Rice	Meatloaf and Basmati Rice Pilaf
baby carrots, peach + pear fruit cup, milk	vegetable blend, apple, saltine crackers, yogurt	spring mix with zucchini, vegetable blend, peach + pear fruit cup, dinner roll, milk	vegetable blend, pear fruit cup, yogurt	roasted vegetables, peach + pear fruit cup, yogurt	roasted vegetables, plum, milk	roasted vegetables, apple, milk

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baby carrots, applesauce, cheese stick	vegetable blend, apple	vegetable blend, apple	vegetable blend, spring mix with zucchini, pear fruit cup, dinner roll, cheese stick	roasted vegetables, pinto beans, applesauce, corn tortilla shells	roasted vegetables, peach + pear fruit cup, cheese stick	mixed vegetables, peach, dinner roll, cheese stick
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spring mix, apple, cheese stick	vegetable blend, apple	vegetable blend, peach + pear fruit cup, cheese stick	vegetable blend, apple, dinner roll, cheese stick	roasted vegetables, pinto beans, apple, corn tortillas, cheese stick	roasted vegetables, pear	roasted vegetables, pear fruit cup
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baby spring mix, apple, cheese stick	vegetable blend, pear, cheese stick	green beans, bbq cabbage slaw with caramelized onions, apple	baby carrots, pear	roasted vegetables, peach + pear fruit cup, dinner roll, cheese stick	roasted vegetables, pear fruit cup, cheese stick	mixed vegetables, applesauce, dinner roll
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Cottage Cheese Dip with Hard Boiled Eggs and Pita Bread	Vegetarian Pasta Marinara with White Beans and Chicken Salad	Pesto Cheese Ravioli with White Beans	Balsamic Chicken Sandwich with Bun	BBQ Chicken with Cornbread	Teriyaki Chicken with Sesame Rice	Meatloaf and Basmati Rice Pilaf
baby carrots, peach + pear fruit cup, milk	vegetable blend, apple, saltine crackers, yogurt	spring mix with zucchini, vegetable blend, peach + pear fruit cup, dinner roll, milk	vegetable blend, pear fruit cup, yogurt	roasted vegetables, peach + pear fruit cup, yogurt	roasted vegetables, plum, milk	roasted vegetables, apple, milk