



A family  
of services.  
A family  
that serves.

# SENIOR NUTRITION PROGRAM

## WESTSIDE

### LUNCH MENU

### AUGUST 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 ORANGE JUICE* OVEN FRIED CHIX MAC & CHEESE GREEN BEANS BKD SWEET POTATO BANANA	2 TURKEY & CURRY VEGETABLES ROSEMARY POTATOES MIXED GREEN SALAD W/1000 ISLAND DRSG FRUIT CUP*	3 ORANGE JUICE* BEEF/BEAN CHILI HERBED CARROTS MESCLUN SALAD W/CUKE-CILANTRO DRSG CORNBIRD MUFFIN TAPIOCA OR RICE PUDDING	4 <b>COLD PLATE</b> VEG MINISTRONE TUNA SALAD BROCCOLI RAISIN SALAD MIXED GREENS W/RANCH DRSG WG BREAD FRESH FRUIT
7 ORANGE JUICE* CHICKEN PICATTA W/LEMON SAUCE PENNE PASTA CARROTS/ZUCCH WALDORF SALAD FRUIT CUP	8 STUFFED BELL PEPPER (BEEF) GARLIC MASHED POTATOES MIXED GREEN SALAD W/BALSAMIC DRSG WG ROLL VANILLA POACHED PEAR	9 ALBONDIGAS SOUP SOFT FISH TACO PINTO BEANS MIXED GREENS W/CILANTRO DRSG FLOUR TORTILLA FLAN OR VANILLA PUDDING	10 <b>COLD PLATE</b> VEGETABLE SOUP CHICKEN CAESAR SALAD W/CAESAR DRSG BEET/ORANGE SLD WG ROLL FRESH FRUIT IN SEASON	11 SPLIT PEA SOUP VEG LASAGNA VEG IN ENTRÉE MESCLUN SALAD W/ITALIAN DRSG CANTALOUPE
14 TOMATO BASIL SP BAKED SALMON W/DILL SAUCE BROWN RICE PEAS/ONIONS BROCCOLI SALAD VANILLA PUDDING	15 <b>COLD PLATE</b> CHINESE VEG SOUP CHINESE CHICKEN SALAD MESCLUN SALAD MIX W/SESAME DRSG CARROT SALAD WG ROLL FRESH FRUIT	16 LENTIL SOUP SPAGHETTI W/MEATBALLS (BEEF) ITALIAN VEG BLEND CAESAR SALAD W/CAESAR DRSG CANTALOUPE OR TANGERINE	17 TARRAGON TURKEY STEW STEW VEGGIES IN ENTRÉE SPINACH SALAD W/RANCH DRSG BISCUIT FRUIT CUP	18 TORTILLA SOUP SANTA FE CHICKEN ROASTED CORN CABBAGE KALE SLD W/BALSAMIC DRSG WG ROLL BANANA
21 ORANGE JUICE* ROAST TURKEY W/GRAVY WG BREAD STUFFING CRANBERRY SCE GREEN BEANS W/MUSHROOMS WALDORF SALAD	22 VEGETABLE BEEF SP BAKED OR BREADED FISH W/SAUCE BARLEY/BULGUR PILAF HARVARD BEETS MIXED GREEN SLD W/RANCH DRSG FRUIT CUP	23 BBQ CHICKEN ROASTED RED POTATOES SPINACH ORANGE SALAD* W/1000 ISLAND DRSG CORN MUFFIN LEMON PUDDING	24 RED BEAN GINGER SOUP BEEF VEG STIR FRY JASMINE BROWN RICE VEG IN ENTRÉE COLESLAW* BANANA	25 MEATLOAF W/MUSHROOM GRAVY (TKY) SAGE MASHED POTATOES CARROTS AND GREEN PEAS WG BREAD CANTALOUPE OR ORANGE*
28 CARIBBEAN CHIX BROWN RICE CORN MIXED GREEN SLD W/ITALIAN DRSG FRESH FRUIT	29 MUSHROOM SOUP TURKEY CHEESEBURGER POTATO SALAD BROCCOLI SALAD WG BUNN CHOCOLATE PUDDING	30 BUTTERNUT SQUASH SP TUNA SALAD CARROT/APPLE/BELL PEPPER/CELERY SLD MIXED GREEN SALAD W/1000 ISLAND DRSG WG ROLL BANANA	31 ORANGE JUICE CHIX MILANESE LINGUINE W/MARINARA SCE ZUCCHINI & CAULIFLOWER CAESAR SALAD W/CAESAR DRSG APPLE OR APPLESAUCE	

MENU SUBJECT TO CHANGE