

August 13th – August 19th

AL/MC Mechanical Soft Menu

** House Diet If There is Not A Selected Meal.
Please select 1 Entrée, 2 Sides, 1 Bread and 1 Dessert

SUNDAY LUNCH 8/13/17

- *Cream Of Broccoli Soup
- *Ground Top Round
- *Creamy Potatoes
- *Mixed Vegetables
- *Bread Stick
- *Apple Crisp

ALTERNATE MENU

- Marinated Vegetable Salad*
- Stuffed Flounder*
- Macaroni and Cheese*
- Mustard Greens*
- Pears*

SUNDAY DINNER 8/13/17



- * Marinated Vegetable Salad
- *Ground Brazilian Chicken Breast
- *Red Beans
- *Rainbow Vegetable Medley
- *Dinner Roll
- *Cookie Of The Day

ALTERNATE MENU

- Cream Of Broccoli*
- Gr. Grilled Ham and Cheese Sandwich*
- Green Beans*
- Pears*

MONDAY LUNCH 8/14/17

- *Mexican Siesta Soup
- * Soft Beef Taco
- *Pinto Beans
- *Roasted Peppers & Onions
- * Banana Cream Pie

ALTERNATE MENU

- Macaroni Salad*
- Ground Baked Chicken Thighs*
- Zucchini*
- Creamed Corn*
- Fruit Cocktail*

MONDAY DINNER 8/14/17

- * Macaroni Salad
- *Baked Fish
- *Grits
- *Okra & Tomatoes
- *Dinner Roll
- *Cookies & Cream Cheesecake

ALTERNATE MENU

- Three Onion Soup*
- BBQ Pork Sandwich On Bread*
- Cauliflower*
- Baked Beans*
- Fruit Cocktail*

TUESDAY LUNCH 8/15/17

- *Pasta Fagioli Soup
 - *Ground Chicken Marsala
 - *Yellow Squash
 - *Egg Noodles
 - *Chocolate Pudding
- ALTERNATE MENU**
- Creamy Style Potato Salad*
 - Ground Bratwurst w/ Sauerkraut on Bread*
 - Grilled Vegetables*
 - Peaches*

TUESDAY DINNER 8/15/17



- * Creamy Style Potato Salad
- *Spanish Paprika Strip Loin
- *Au Gratin Potatoes
- *California Blend
- *White Cake

ALTERNATE MENU

- Chicken Pot Pie Soup*
- Oven Baked Trout*
- Black Eyed Peas*
- Collard Greens*
- Dinner Roll*
- Peaches*

WEDNESDAY LUNCH 8/16/17



- *Carrot Soup
- *Ground Glazed Teriyaki Chicken Breast
- *Orzo
- *Green Beans
- *Ice Cream

ALTERNATE MENU

- 3 Bean Salad*
- Baked Tilapia w/ Salsa*
- Plantains*
- Caribbean Blend*
- Pineapple*

WEDNESDAY DINNER 8/16/17

- * 3 Bean Salad
- *Ground Pot Roast
- *Herbed Potatoes
- *Broccoli
- *M&M Brownie

ALTERNATE MENU

- Italian Wedding Soup*
- Eggplant Parmesan*
- Spaghetti & Marinara*
- Zucchini*
- Bread Stick*
- Pineapple*

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THURSDAY LUNCH 8/17/17

- *Mediterranean Lentil Soup
- *Ground Greek Gyro
- *Carrots
- *Vanilla Pudding

ALTERNATE MENU

- Marinated Squash Salad*
- Meatloaf*
- Cheddar Mashed Potatoes*
- Parmesan Tomatoes*
- Applesauce*

THURSDAY DINNER 8/17/17

- *Marinated Squash Salad
- *Ground Lemon Chicken Breast
- *Beets
- *Orzo
- *Fruit Jello

ALTERNATE MENU

- Spring Vegetable Soup*
- Ground Liver & Onions*
- Creamed Spinach*
- Buttered Noodles*
- Applesauce*

FRIDAY LUNCH 8/18/17

- *Chickpea & Tortellini Soup
- *Ground Assorted Pizza
- * Cauliflower
- *Cream Cheese Swirl Brownie

ALTERNATE MENU

- Black Bean and Corn Salad*
-  *Baked Cod*
- Potatoes Au Gratin*
- Roasted Vegetables*
- Dinner Rolls*
- Peaches*

FRIDAY DINNER 8/18/17

- * Black Bean & Corn Salad
- *Ground Fried Chicken
- *Herbed Potatoes
- *Collard Greens
- *Boston Cream Pie


ALTERNATE MENU

- Mama's Kitchen Soup*
- Baked ziti*
- Italian Green Beans*
- Bread Stick*
- Peaches*

SATURDAY LUNCH 8/19/17

- *Beef Barley Soup
- *Ground Rosemary Chicken Breast
- *Roasted Red Potatoes
- *Capri Vegetables
- *Cherry Cobbler


ALTERNATE MENU

-  *Marinated Green Bean Salad*
- Cuban Mojo Pork*
- Black Beans*
- Broccoli*
- Mandarin Oranges*

SATURDAY DINNER 8/19/17

- *Marinated Green Bean Salad
- *Baked Catfish
- * Green Beans
- *Corn
- *Roll

ALTERNATE MENU

-  *Egg Drop Soup*
- Ground Thai Citrus Beef Stir Fry*
- Vegetable Blend*
- Orzo*
- Mandarin Oranges*

MECHANICAL

 = Mindful Item (lower in calories, lower in salt, higher in protein)

 = Vegetarian Item