

August 6th – August 12th

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 8/6/17

- *Asparagus Leek & Mushroom Soup
- * Ground Char Siu Pork
- *Orzo
- *Snow Peas
- *Dinner Roll
- *Apple Cobbler

ALTERNATE MENU

Country Style Potato Salad



Baked Mahi-Mahi
Chive Mashed Potato
Roasted Vegetables
Pineapple

SUNDAY DINNER 8/6/17

- * Country Style Potato Salad
- *Stuffed Bell Pepper with Orzo
- *Roasted Red Potatoes
- *Capri Vegetables
- *Banana Cream Pie

ALTERNATE MENU

Asparagus, Leek & Mushroom Soup
Grilled Cheese Sandwich
Green Beans
Pineapple

MONDAY LUNCH 8/7/17

- *Minestrone Soup
- * Baked Salmon
- *Orzo
- *Spinach

ALTERNATE MENU

Green Bean Salad
Bistro Turkey Burger on Bread
Carrots
Peaches

MONDAY DINNER 8/7/17

- * Green Bean Salad
- *Ground Moroccan Chicken w/ Mango
- *Couscous
- *Roasted Cauliflower (with parsley)
- * Naan bread
- *Cherry Crisp

ALTERNATE MENU

Harvest Broccoli Soup
Vegetable Lasagna w/ Bread Stick
Italian Vegetables
Peaches

TUESDAY LUNCH 8/8/17

- *Cream Of Spinach Soup
- *Ground Beef Fajitas w/Pepper & Onions
- *Pinto Beans
- *Aztec Vegetables
- *Tapioca Pudding

ALTERNATE MENU

Macaroni Salad
Ground Honey BBQ Chicken Tenders
Green Beans
Dinner Roll
Tropical Fruit

TUESDAY DINNER 8/8/17

- * Macaroni Salad
- *Ground Roasted Lamb Leg w/ Mint Jelly
- *Roasted Garlic Mashed Potatoes
- *Broccoli
- *Cookies


ALTERNATE MENU

Vegetable Soup
Cod Florentine
Carrots
Orzo
Dinner Roll
Tropical Fruit

WEDNESDAY LUNCH 8/9/17

- *French Onion Soup
- *Ground French Dip on Bread
- *Peas & Carrots
- *Jello

ALTERNATE MENU

Marinated Bean Salad
 Ground Orange Glazed Pork
Orzo
Bok Choy
Applesauce

WEDNESDAY DINNER 8/9/17

- *Marinated Bean Salad
- *Chicken A La King
- *California Blend
- *Biscuit

ALTERNATE MENU


*Bread Pudding With Carmel Sauce
Corn & Sweet Potato Soup
Baked Tilapia
Tri-color Rotini
Grilled Yellow Squash
Applesauce

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THURSDAY LUNCH 8/10/17

- *Tortilla Soup
-  *Beef Burrito
- *Pinto Beans
- *Roasted Peppers and Onions
- *Ice Cream

ALTERNATE MENU

- Marinated Squash Salad*
- Ground Grilled Chicken Sandwich*
- Carrots*
- Peaches*

THURSDAY DINNER 8/10/17

- *Marinated Squash Salad
- *Ground Grilled Kielbasa
- *Mashed Potatoes
- *Mixed Vegetables
- *Caramel Apple Cake

ALTERNATE MENU

- Leek Soup*
- Ground BBQ Glazed Turkey*
- Cauliflower*
- Corn*
- Dinner Roll*
- Peaches*


FRIDAY LUNCH 8/11/17

- * Italian Vegetable Soup
- *Ground Assorted Pizza
- *Sautéed Spinach with Red Onion & Garlic
- *Peach Vanilla Tart

ALTERNATE MENU

- Creamy Dilled Potato Salad*
- Ground Chicken*
- Roasted Root Vegetables*
- Broccoli*
- Dinner Roll*
- Pears*

FRIDAY DINNER 8/11/17

- * Creamy Dilled Potato Salad
-  *Baked Fish
- *Caramelized Leek Mashed Potatoes
- * Squash
- *Dinner Roll

- * Chocolate Fudge Cake

ALTERNATE MENU

- Tuscan Chicken Noodle Soup*
- Aegean Casserole*
- Italian Vegetable Blend*
- Bread Stick*
- Pears*

SATURDAY LUNCH 8/12/17

- * Creamy Tomato Soup
- *Ground Grilled Ham Steak
- *Yams
- *Balsamic Roasted Vegetables
- *Strawberry Shortcake

ALTERNATE MENU

- Garbanzo Bean Salad*
- Grilled Ground Turkey & Cheese on Wheat*
- Green Beans*
- Mandarin Oranges*

SATURDAY DINNER 8/12/17

- * Garbanzo Bean Salad
- *Ground Chicken Picatta
- *Fettuccine
- *Whole Baby Carrots
- *Vanilla Pudding

ALTERNATE MENU

- Brazilian Black Bean Soup*
- Lemon Pepper Mahi Mahi*
- Cilantro Orzo*
- Zucchini*
- Mandarin Oranges*

MECHANICAL



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



= Vegetarian Item