

August Hot Meal Menu

Monday	Tuesday	Wednesday	Thursday	Friday
1 BEEF CHILI 22gm WAX BEANS AND PEPPERS 5gm BANANA BREAD PUDDING 17gm CORNBREAD MUFFIN 30gm	2 PULLED PORK 5gm POTATOES O'BRIEN 12gm CARROT CAKE 23gm HAMBURGER BUN 21gm	3 MACARONI AND CHEESE 19gm SAUTEED SPINACH 3gm OATMEAL CAKE 36gm WHOLE GRAIN ROLL 35gm	4 BEEF TIPS AND GRAVY 3gm MASHED POTATOES 17gm GREEN BEANS AND CARROTS 7gm PEACHES AND CREAM 12gm BUTTERMILK BISCUIT 21 gm	5 DIRTY RICE WITH PORK/BEEF 14gm BLACK EYED PEAS 21gm CHERRY COBBLER 20gm WHOLE GRAIN ROLL 35gm
8 CHICKEN PARMASEAN 43gm BRUSSEL SPROUTS 7gm WARM CINNAMON APPLES 2gm WHOLE GRAIN ROLL 35gm	9 MEATLOAF WITH GRAVY 10gm MASHED POTATOES 17gm CORN PUDDING 22gm STEWED TOMATOES 4gm WHOLE GRAIN ROLL 35gm	10 FRENCH TOAST BAKE 27gm RUTABAGA HASH 4gm SAUSAGE LINKS 0gm FRUIT MUFFIN 16gm	11 SPAGHETTI WITH MEAT SAUCE GREEN BEANS AND CARROTS 7gm PEACH CRISP 22gm WHOLE GRAIN ROLL 35gm	12 SMOTHERED PORKLOIN 5gm COLLARD GREENS 4gm WARM CINNAMON APPLES 20gm CORNBREAD MUFFIN 30gm
15 HERB ROASTED CHICKEN 0gm BRUSSELS SPROUTS 7gm CHERRY CRISP 19gm WHOLE GRAIN ROLL 35gm	16 SWEET AND SOUR PORK 17gm BROWN RICE 17gm SIMMERED GREEN CABBAGE 5gm PINEAPPLE UPSIDE DOWN CAKE 28gm CHOW MEIN NOODLES 9gm	17 COUNTRY FRIED CHICKEN 28gm MASHED POTATOES AND GRAVY 17gm SWEET CORN 15gm PEACH COBBLER 26gm WHOLE GRAIN ROLL 35gm	18 HUNGARIAN GOULASH 17gm SWEET & SOUR CABBAGE 4gm WARM CINNAMON APPLES 20gm WHOLE GRAIN ROLL 35gm	19 VEGETABLE LASAGNA 56gm HAVARD BEETS 8gm BLUEBERRY CHERRY CRISP 18gm WHOLE GRAIN ROLL 35gm
22 CHICKEN POT PIE 14gm MAPLE GLAZED CARROTS 15gm APPLE CRUMB CAKE 56gm BUTTERMILK BISCUIT 21gm	23 SHEPHARDS PIE 10gm CHEEDAR MASHED POATOES 20gm SWEET RED CABBAGE 3gm VANILLA CHEESECAKE 16gm WHOLE GRAIN ROLL 35gm	24 BBQ CHICKEN THIGH 2gm COLLARD GREENS 4gm BANANA BREAD PUDDING 17gm BUTTERMILK BISCUIT 21 gm	25 PORK ROAST AND GRAVY 2gm MASHED POTATOES 17gm CORN, PEAS AND CARROTS 6gm RICE PUDDING 18gm WHOLE GRAIN ROLL 35gm	26 SESAME CHICKEN AND RICE 27gm WAX BEAN AND PEPPERS 5gm PINEAPPLE UPSIDE DOWN CAKE 28gm CHOW MEIN NOODLES 9gm
29 SPINACH AND PEPPER QUICHE 20gm VEGETARIAN SAUSAGE PATTY 3gm CINNAMON APPLES 20gm FRUIT MUFFIN 16gm	30 BLACKENED TALAPIA 0gm SAUTEED SPINACH 3gm RICE PUDDING 18gm CORNBREAD MUFFIN 30gm	31 VEGETABLE ALFREDO 18gm WAX BEANS & PEPPERS 5gm CARMEL CAKE 34gm WHOLE GRAIN ROLL 35gm		



If you are not available to receive your daily meal, please call ahead of time to cancel. 269-382-0515. Kalamazoo, Ext. 300. Calhoun, Ext. 350.

