	Thursday, 1 August
	Beef balls Stroganoff, Pork Adobo, Buttered Pasta, Steamed Rice, Peas w/
Lunch:	Onions, Scalloped Cream Style Corn, Brown Gravy, Dinner Rolls New England Clam Chowder, & Asst. Pastries
Dinner:	Chili and Macaroni, Swiss Steak, Long Grain and Wild Rice Melody, Grilled Cheese, Cauliflower Au Gratin, Mexican Corn, Brown Gravy, Dinner Rolls, New England Clam Chowder & Asst. Pastries
	Eriday 2 Ayayat
	Friday, 2 August
Lunch:	Baked Fish w/ Garlic Butter, Beef Stew, Franconia Potatoes, Steamed Egg Noodles, Broccoli Parmesan, Succotash, Cream Gravy, Corn Muffins, Minestrone Soup & Asst. Pastries
Dinner:	Shrimp Jambalaya, Chicken and Italian Vegetable Pasta, Mashed potatoes, Creole Summer Squash, Green Beans, Chicken Gravy, Corn Muffins, Minestrone Soup & Asst. Pastries
	Saturday, 3 August
Breakfast Brunch:	Grilled Ham Slice, Baked Sausage Links, Grilled Turkey Sausage Patties, Grilled Chop Steak, Eggs to Order, Steamed Rice, Grilled Hash Brown Potatoes, French Toast, Pancakes, Waffles, Mashed Potatoes, Wax Beans Cream Gravy, White Dinner Rolls, & Asst. Pastries
Dinner	Baked Salmon, Chicken Cacciatore, Grilled Chop Steak, Oven Glo-
Brunch:	Potatoes, Tossed Green Rice, Carrots, Waxed Beans, Cream Gravy, White Dinner Rolls, Cream of Mushroom Soup, & Asst. Pastries
	Sunday, 4 August
	Oven Fried Bacon, Oven Fried Canadian Bacon, Baked Turkey Sausage
Breakfast Brunch:	Links, Creamed Ground Beef, Steamed Rice, Eggs to Order, French Toast, Pancakes, Waffles, Roast Turkey Sandwich, Peas w/Onions, Mashed Potatoes, Turkey Gravy, Wheat Dinner Rolls, Taco Soup, & Asst. Pastries
Dinner Brunch:	Braised Stuffed Pork Chops, Teriyaki Steak, Roast Turkey, Rissole Potatoes, Candied Sweet Potatoes, Cauliflower Polonaise, Peas w/ Onions, Turkey Gravy, Brown Gravy, Wheat Dinner Rolls, Taco Soup & Asst. Pastries
	Monday, 5 August
Lunch:	Turkey A La King, Breaded Pork Chops, Kansas Rice Blend, Buttered Pasta, Asparagus, Whole Kernel Corn, Onion Gravy, Butter Dinner Rolls Corn Chowder Soup & Asst. Pastries
Dinner:	Chicken Parmesan, Beef & Broccoli, Italian Roasted Potatoes, Pork Fried Rice, Wax Beans, Glazed Carrots, Brown Gravy, Butter Dinner Rolls, Corn Chowder Soup & Asst. Pastries
	Tuesday 6 August
Lunch:	Tuesday, 6 August  Creole Shrimp, Beef & Corn Pie, Steamed Rice, Long Grain & Wild Rice Peas & Carrots, Brussels Sprouts Polonaise, Brown Gravy, White Dinner Rolls, Gumbo Soup & Asst. Pastries

Dinner:	Herbed Cornish Hens, Virginia Baked Ham, Parsley Buttered Potatoes, Sweet Potatoes Southern Style, Simmered Cauliflower, Mixed Vegetables Chicken Gravy, Raisin Sauce, Corn Bread Dressing, White Dinner Rolls, Gumbo Soup & Asst. Pastries
	Wednesday, 7 August
Lunch:	Oven Baked Chicken, Jaegerschnitzel, Paprika Buttered Potatoes, Steamed Rice, Calico Cabbage, Corn, Brown Gravy, Corn Muffins, Cream of Chicken Soup & Asst. Pastries
Dinner:	Baked Garlic Butter Fish, Beef Ball Stroganoff, Rissole Potatoes, Steamed Rice, Peas and Carrots, Lyonnaise Green Beans, Cream Gravy, Corn Muffins, Cream of Chicken Soup & Asst. Pastries
	Thursday, 8 August
Lunch:	BBQ Baked Chicken, Breaded Pork Steaks, Potatoes Au Gratin, Tossed Green Rice, Orange Carrots Amandine, Spinach, Brown Gravy, French Dinner Rolls, Egg Drop Soup & Asst. Pastries
Dinner:	Chili Con Carne, Roast Turkey, Rice Pilaf, Rice Pilaf, Cauliflower Combo, Whole Kernel Corn, Bread Dressing, Turkey Gravy, French Dinner Rolls Egg Drop Soup & Asst. Pastries
	Friday, 9 August
Lunch:	Baked Salmon, Country Style Steak, Mashed Potatoes, Long Grain and Wild Rice, Asparagus, Summer Squash, Brown Gravy, Cream Gravy, Corn Muffins, Chicken and Rice Soup & Asst. Pastries
Dinner:	Creole Shrimp, Savory Baked Chicken, Steamed Rice, Scalloped Potatoes and Onions, Broccoli Parmesan, Mixed Vegetables, Chicken Gravy, Corn Muffins, Chicken and Rice Soup & Asst. Pastries
	Saturday, 10 August
Breakfast Brunch:	Oven Fried Bacon, Minute Steak, Grilled Turkey Sausage Patties, Hash Brown Potatoes, Creamed Ground Beef, Eggs to Order, French Toast, Pancakes, Waffles, Grilled Chop Steak Green Beans, Mashed Potatoes, Brown Gravy, White Dinner Rolls & Asst. Pastries
Dinner Brunch:	Chicken Cordon Bleu, Sweet and Sour Pork Chops, Jaegerschnitzel, Garlic Roasted Potato Wedges, Orange Rice, Peas and Carrots, Green Beans, Succotash, Brown Gravy, White Dinner Rolls, Cream of Potato Soup & Asst. Pastries
Breakfast Brunch:	Sunday, 11 August  Oven Fried Bacon, Baked Sausage Links, Baked Sausage Patties, Creamed Chipped Ham, Eggs to Order, Home Fried Potatoes, Steamed Rice, French Toast, Pancakes, Waffles, Roast Turkey Sandwich, Mashed Potatoes, Carrots, Turkey Gravy, Wheat Dinner Rolls Vegetable Soup & Asst. Pastries
Dinner Brunch:	Cajun Baked Fish, Roast Rib of Beef, Baked Potatoes, Hopping John, Calico Corn, Carrots, Turkey Gravy, Brown gravy, Wheat Dinner Rolls, Vegetable Soup & Asst. Pastries

	Monday 12 August
	Monday, 12 August  Turkey Pet Dia Virginia Pakad Ham Staamad Piga Mashad Patatags
T1	Turkey Pot Pie, Virginia Baked Ham, Steamed Rice, Mashed Potatoes,
Lunch:	French Fried Cauliflower, Collard Greens, Raisin Sauce, Butter Dinner
	Rolls, Cream of Broccoli Soup & Asst. Pastries
~.	Chinese Five Spice Chicken, Cajun meat Loaf, Kansas Rice, Mashed
Dinner:	Potatoes, Savory Style Beans, Oriental Stir -Fry, Brown Gravy, Butter
	Dinner Rolls, Cream of Broccoli Soup & Asst. Pastries
	T 1 10 1
	Tuesday,13 August
Lunch:	Shrimp Scampi, Pepper Steak, Steamed Rice, Oven Brown Potatoes, Peas
	w/ Onions, Wax Beans, Mushroom Gravy, Brown Gravy, French Dinner
	Rolls, Chicken Noodle Soup & Asst. Pastries
	Orange Chicken, Braised Pork Chops, Pork Fried Rice, Parsley Buttered
Dinner:	Potatoes, Mixed Vegetables, Steamed cauliflower, Brown Gravy, French
	Dinner Rolls, Chicken Noodle Soup & Asst. Pastries
	Wednesday, 14 August
	Southern Fried Chicken , Yankee Pot Roast, Steamed Rice, Baked
Lunch:	Macaroni and Cheese, Corn O'Brian, Glazed Carrots, Kaiser Rolls, French
	Onion Soup & Asst. Pastries
	Lemon Baked Fish, Chili and Macaroni, Grilled Cheese, Garlic Cheese
Dinner:	Potatoes, Broccoli, Summer Squash, Cream Gravy, Kaiser Rolls, French
	Onion Soup & Asst. Pastries
	Thursday, 15 August
	Chinese BBQ Ribs, Sweet and Sour Chicken, Boiled Pasta, Pork Fried
Lunch:	Rice, Vegetable Stir-Fry, Peas and Carrots, Brown Gravy, French Dinner
	Rolls, Minestrone Soup & Asst. Pastries
	Turkey A Al King, Roast Beef, Paprika Buttered Potatoes, Steamed Rice,
Dinner:	Lyonnaise Green Beans, Cauliflower Au Gratin, Brown Gray, French
	Dinner Rolls, Minestrone Soup & Asst. Pastries
	Friday, 16 August
Lunch:	Salisbury Steak, Baked Tuna and Noodles, Mashed Potatoes, Brussels
Dinner:	Sprouts, Cream Style Corn, Black-Eyed Peas, Brown Gravy, Corn
	Muffins, Cream of Mushroom Soup & Asst. Pastries
	Jambalaya, Honey Glazed Rock Cornish Hens, Italian Roasted Potatoes,
	Broccoli Parmesan, Creole Summer Squash, Chicken Gravy, Corn
	Muffins, Cream of Mushroom Soup & Asst. Pastries
	Saturday, 17 August
	Baked Turkey Sausage Links, Oven Fried Bacon, Oven Fried Canadian
Breakfast	Bacon, Creamed Sausage Gravy, Eggs to Order, French Toast, Pancakes,
Brunch:	Waffles, Roast Beef Sandwich, Mexican Corn, Mashed Potatoes, Brown
	Gravy, Dinner Rolls, Beef Vegetable Soup & Asst. Pastries
Dinner	Jerked Roast Turkey, Roast Beef, Scalloped Ham and Potatoes, Rice Pilaf,
Brunch:	Glazed Sweet Potatoes, Mexican Corn, Lyonnaise Carrots, Brown Gravy,
	Dinner Rolls, Beef Vegetable Soup & Asst. Pastries
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	Sunday, 18 August
	Oven Fried Bacon, Minute Steak, Grilled Turkey Sausage Patties,
Breakfast	Creamed Ground Beef, Eggs to Order, French Toast, Pancakes, Waffles,
Brunch:	Fried Chicken Fillets, Mashed Potatoes, Green Beans, Chicken Gravy,
Di uncii.	Wheat Dinner Rolls, Cream of Chicken Soup & Asst. Pastries
D:	
Dinner	Shrimp Scampi, Grilled T-Bone Steak, Breaded Pork Chops, Baked
Brunch:	Potatoes, Steamed Rice, Green Beans, Peas w/ Mushrooms, Brown Gravy,
	Wheat Dinner Rolls, Cream of Chicken Soup & Asst. Pastries
	M 1 10 A
	Monday, 19 August
	Turkey Yakisoba, Chinese BBQ Diced Pork, Steamed Rice, Fried
Lunch:	Cabbage, Orange Carrots Amandine, Chinese Eggrolls, Butter Dinner
	Rolls, Corn Chowder Soup & Asst. Pastries
	Meatloaf, Chicken Tetrazzini, Roasted Pepper Potatoes, Broccoli, Summer
Dinner:	Squash, Brown Gravy, Butter Dinner Rolls, Corn Chowder Soup & Asst.
	Pastries
	Tuesday, 20 August
	French Fried Shrimp, Yankee Pot Roast, Home Fried Potatoes, Steamed
Lunch:	Rice, Cauliflower Parmesan, Southern Style Greens, Cream Gravy, Dinner
	Rolls, Gumbo Soup & Asst. Pastries
	Roast Pork, Teriyaki Chicken, Rice Pilaf, Herbed Potatoes, Green Bean
Dinner:	Creole, Peas and Carrots, Cream Gravy, Dinner Rolls, Gumbo Soup &
	Asst. Pastries
	Wednesday, 21 August
	Chinese BBQ Chicken, Veal Parmesan, Garlic Roasted Potato Wedge,
Lunch:	Fried Rice, Fried Cabbage with Bacon, Louisiana Style Squash, Onion
	Gravy, Kaiser Rolls, French Onion Soup & Asst. Pastries
	Baked Stuffed Fish, Grilled Sirloin Steaks, Baked Macaroni and Cheese,
Dinner:	Mashed Potatoes, Spinach, Whole Kernel Corn, Brown Gravy, Kaiser
Dimici.	Rolls, French Onion Soup & Asst. Pastries
	Rons, French Onion Soup & Asst. Fasures
	Thursday, 22 August
	Beef balls Stroganoff, Pork Adobo, Buttered Pasta, Steamed Rice, Peas w/
Lunch:	Onions, Scalloped Cream Style Corn, Dinner Rolls, Brown Gravy, New
	England Clam Chowder Soup & Asst. Pastries
	Chili and Macaroni, Swiss Steak, Long Grain and Wild Rice Melody,
Dinner:	Grilled Cheese, Cauliflower Au Gratin, Mexican Corn, Brown Gravy,
Diffici.	Dinner Rolls, New England Clam Chowder Soup & Asst. Pastries
	Diffici Rolls, New England Claim Chowder Boup & Asst. 1 astries
	Friday, 23 August
	Baked Fish w/ Garlic Butter, Beef Stew, Franconia Potatoes, Steamed Egg
Lunch:	Noodles, Broccoli Parmesan, Succotash, Cream Gravy, Corn Muffins,
Lunch:	
	Minestrone Soup & Asst. Pastries  Shriven Lambeleve, Chicken and Italian Vaccatable Posts, Machad natatacs
D.	Shrimp Jambalaya, Chicken and Italian Vegetable Pasta, Mashed potatoes,
Dinner:	Creole Summer Squash, Green Beans, Chicken Gravy, Corn Muffins,
	Minestrone Soup & Asst. Pastries

Saturday, 24 August
Grilled Ham Slice, Baked Sausage Links, Grilled Turkey Sausage Patties, Grilled Chop Steak, Eggs to Order, Steamed Rice, Grilled Hash Brown
Potatoes, French Toast, Pancakes, Waffles, Mashed Potatoes, Wax Beans Cream Gravy, White Dinner Rolls, & Asst. Pastries
Baked Salmon, Chicken Cacciatore, Grilled Chop Steak, Oven Glo-
Potatoes, Tossed Green Rice, Carrots, Waxed Beans, Cream Gravy, White Dinner Rolls, Cream of Mushroom Soup, & Asst. Pastries
Sunday, 25 August
Oven Fried Bacon, Oven Fried Canadian Bacon, Baked Turkey Sausage
Links, Creamed Ground Beef, Steamed Rice, Eggs to Order, French Toast,
Pancakes, Waffles, Roast Turkey Sandwich, Peas w/Onions, Mashed
Potatoes, Turkey Gravy, Wheat Dinner Rolls, Taco Soup, & Asst. Pastries
Braised Stuffed Pork Chops, Teriyaki Steak, Roast Turkey, Rissole
Potatoes, Candied Sweet Potatoes, Cauliflower Polonaise, Peas w/ Onions,
Turkey Gravy, Brown Gravy, Wheat Dinner Rolls, Taco Soup & Asst.
Pastries
Manday 26 Avenue
Monday, 26 August Turkey A La King, Breaded Pork Chops, Kansas Rice Blend, Buttered
Pasta, Asparagus, Whole Kernel Corn, Onion Gravy, Butter Dinner Rolls
Corn Chowder Soup & Asst. Pastries
Chicken Parmesan, Beef & Broccoli, Italian Roasted Potatoes, Pork Fried
Rice, Wax Beans, Glazed Carrots, Brown Gravy, Butter Dinner Rolls,
Corn Chowder Soup & Asst. Pastries
Tuesday, 27 August
Creole Shrimp, Beef & Corn Pie, Steamed Rice, Long Grain & Wild Rice
Peas & Carrots, Brussels Sprouts Polonaise, Brown Gravy, White Dinner
Rolls, Gumbo Soup & Asst. Pastries  Herbed Cornish Hens, Virginia Baked Ham, Parsley Buttered Potatoes,
Sweet Potatoes Southern Style, Simmered Cauliflower, Mixed Vegetables
Chicken Gravy, Raisin Sauce, Corn Bread Dressing, White Dinner Rolls,
Gumbo Soup & Asst. Pastries
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Wednesday, 28 August
Oven Baked Chicken, Jaegerschnitzel, Paprika Buttered Potatoes, Steamed
Rice, Calico Cabbage, Corn, Brown Gravy, Corn Muffins, Cream of
Chicken Soup & Asst. Pastries
Baked Garlic Butter Fish, Beef Ball Stroganoff, Rissole Potatoes, Steamed
Rice, Peas and Carrots, Lyonnaise Green Beans, Cream Gravy, Corn
Muffins, Cream of Chicken Soup & Asst. Pastries
Thursday 29 August
Thursday, 29 August BBQ Baked Chicken, Breaded Pork Steaks, Potatoes Au Gratin, Tossed
Green Rice, Orange Carrots Amandine, Spinach, Brown Gravy, French
Dinner Rolls, Egg Drop Soup & Asst. Pastries

Dinner:	Chili Con Carne, Roast Turkey, Rice Pilaf, Rice Pilaf, Cauliflower Combo, Whole Kernel Corn, Bread Dressing, Turkey Gravy, French Dinner Rolls Egg Drop Soup & Asst. Pastries
	Friday, 30 August
Lunch:	Baked Salmon, Country Style Steak, Mashed Potatoes, Long Grain and Wild Rice, Asparagus, Summer Squash, Brown Gravy, Cream Gravy, Corn Muffins, Chicken and Rice Soup & Asst. Pastries
Dinner:	Creole Shrimp, Savory Baked Chicken, Steamed Rice, Scalloped Potatoes and Onions, Broccoli Parmesan, Mixed Vegetables, Chicken Gravy, Corn Muffins, Chicken and Rice Soup & Asst. Pastries
	Saturday, 31 August
Breakfast Brunch:	Oven Fried Bacon, Minute Steak, Grilled Turkey Sausage Patties, Hash Brown Potatoes, Creamed Ground Beef, Eggs to Order, French Toast, Pancakes, Waffles, Grilled Chop Steak Green Beans, Mashed Potatoes, Brown Gravy, White Dinner Rolls & Asst. Pastries
Dinner Brunch:	Chicken Cordon Bleu, Sweet and Sour Pork Chops, Jaegerschnitzel, Garlic Roasted Potato Wedges, Orange Rice, Peas and Carrots, Green Beans, Succotash, Brown Gravy, White Dinner Rolls, Cream of Potato Soup & Asst. Pastries