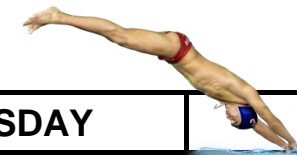


# August 2017



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Meal Delivery Hours:</b> <b>Monday - Friday</b> <b>9:30 AM - 1:30 PM</b>	<b>1</b> Lettuce & Tomato Breaded White Fish on W/W Bun w/ Tartar Sauce Sweet Potato Fries Green Beans Banana	<b>2</b> Corn & Red Pepper Salad Beef Stew with Potatoes Peas & Carrots Corn Bread Peaches	<b>3</b> Sliced Tomatoes w/ Parsley Chicken Cordon Bleu w/ White Sauce Whole Wheat Couscous Spinach Orange	<b>4</b> Pineapple Pork <i>over</i> Brown Rice Broccoli Carrots Mandarin Orange Slices
	<b>7</b> Chicken Noodle Casserole Mixed Vegetables (peas, carrots, green beans) Cauliflower with Parsley Whole Wheat Bread (1) Apricots	<b>8</b> Tomato/Cucumber Salad w/ Parsley Black Bean & Turkey Chili Steamed Spinach Corn Bread Apple	<b>9</b> Pot Roast with Gravy Mashed Potatoes Broccoli Whole Wheat Bread (1) Pears	<b>10</b> Asian Cabbage Salad Mongolian Beef Brown Rice Broccoli Mandarin Orange Slices
<b>14</b> Cole Slaw Chicken Tamale Black Beans Spanish Brown Rice Melon Cup	<b>15</b> Corn Meal Breaded Fish Red Potatoes Steamed Spinach Whole Wheat Bread (1) Orange Juice	<b>16</b> Chickpea Salad Turkey Mediterranean Whole Wheat Penne Casserole Peas & Pearl Onions Orange	<b>17</b> Hamburger with Cheese, Lettuce, Tomato & W/W Bun Roasted Potatoes Succotash w/ Red Pepper Apple	<b>18</b> Beef Stroganoff <i>over</i> Egg Noodles Broccoli Carrots Whole Wheat Bread (1) Banana
<b>21</b> Spinach & Romaine Salad with Tomatoes Baked Fish Veracruz Brown Rice Green Beans Orange	<b>22</b> Beef & Broccoli Stir Fry <i>over</i> Steamed Brown Rice Glazed Carrots w/ Ginger Red Pepper, Baby Corn & Water Chestnuts Mandarin Orange Slices	<b>23</b> Potato Salad BBQ Chicken Lentils with Red Pepper Brussels Sprouts Whole Wheat Bread (1)	<b>24</b> Stuffed Bell Pepper with Barley & Ground Turkey Broccoli Corn Whole Wheat Bread (1) Pears	<b>25</b> W/W Spaghetti with Meatballs Zucchini Carrots Orange Juice
<b>28</b> Tomato/Parsley Salad with Olive Oil Oven Fried Chicken Brown & Wild Rice Medley Broccoli Mixed Fruit	<b>29</b> Hulled Barley Salad Roast Pork Loin with Gravy Cauliflower & Parsley Carrots Apple	<b>30</b> Turkey Loaf w/ Gravy Mashed Potatoes Squash Whole Wheat Bread (1) Pineapple Chunks	<b>31</b> Salmon with Lemon & Parsley Roasted Potatoes Green Beans Whole Wheat Bread (1) Orange	<b>Happy Birthday to All of You                      Who Are Celebrating Your                      Birthday This Month!</b> 

**Please give us 24 hours notice to cancel, or call us with any questions at (650) 323-2022.**