

# SOMERS NUTRITION PROGRAM 232-0807

**MONDAY 8/3/20**

CRISPY BAKED FISH  
 BUTTERED GRITS  
 KALE & ONIONS  
 PUMPERNICKEL BREAD  
 PINEAPPLE CHUNKS

**MONDAY 8/10/20**

CHICKEN MARSALA  
 RICE PILAF  
 PEAS & MUSHROOMS  
 RYE BREAD  
 MANDARIN ORANGES

**MONDAY 8/17/20**

STUFFED PEPPER  
 ROASTED POTATOES  
 MIXED VEGETABLES  
 WHOLE WHEAT BREAD  
 PEACHES

**MONDAY 8/24/20**

SOLE FLORENTINE  
 LENTIL PILAF  
 STEWED TOMATOES  
 WHOLE WHEAT BREAD  
 FRUIT

**MONDAY 8/31/20**

MACARONI & CHEESE  
 STEWED TOMATOES  
 BROCCOLI W/GARLIC  
 WHOLE WHEAT BREAD  
 FRUIT COCKTAIL

**TUESDAY 8/4/20**

COUNTRY CAPTAIN CHICKEN  
 BUTTERED BOW TIE PASTA  
 MIXED VEGETABLES  
 DINNER ROLL  
 OATMEAL COOKIES

**TUESDAY 8/11/20**

SALMON  
 HARVARD BEETS  
 SPINACH  
 KAISER ROLL  
 COCONUT CAKE

**TUESDAY 8/18/20**

BAKED HAM W/RAISIN SAUCE  
 AU GRATIN POTATOES  
 FRENCH STYLE GREEN BEANS  
 WHOLE WHEAT BREAD  
 CARROT CAKE

**TUESDAY 8/25/20**

BAKED CHICKEN PESTO  
 HERB ROASTED POTATOES  
 BROCCOLI FLORETS  
 ITALIAN BREAD  
 FRUIT



**WEDNESDAY 8/5/20**

GERMAN STYLE PORK CHOP  
 SCALLOPED POTATOES  
 SPINACH  
 WHOLE WHEAT BREAD  
 FRUIT

**WEDNESDAY 8/12/20**

BEEF & PEPPER STEAK  
 ROASTED POTATOES  
 GREEN BEANS  
 WHOLE WHEAT BREAD  
 FRUIT

**WEDNESDAY 8/19/20**

TILAPIA OREGANATA  
 PARSLIED COUSCOUS  
 HONEY CITRUS CARROTS  
 MULTIGRAIN BREAD  
 FRUIT

**WEDNESDAY 8/26/20**

SPINACH QUICHE  
 HARVARD BEETS  
 FRENCH STYLE GREEN BEANS  
 PUMPERNICKLE BREAD  
 PUDDING

**THURSDAY 8/6/20**

STUFFED SHELLS  
 TOSSED SALAD W/CHICKPEAS  
 BROCCOLI FLORETS  
 ITALIAN BREAD  
 FRUIT

**THURSDAY 8/13/20**

ORANGE GINGER CHICKEN  
 WHITE RICE  
 GLAZED CARROTS  
 MULTIGRAIN BREAD  
 PINEAPPLE CHUNKS

**THURSDAY 8/20/20**

MANICOTTI  
 TOSSED SALAD W/CHICKPEAS  
 BROCCOLI  
 ITALIAN BREAD  
 FRUIT

**THURSDAY 8/27/20**

PORK CHOP SUEY  
 WHITE RICE  
 ORIENTAL VEGETABLES  
 WHOLE WHEAT BREAD  
 PINEAPPLE CHUNKS



**FRIDAY 8/7/20**

YANKEE POT ROAST  
 HARVARD BEETS  
 PEAS & ONIONS  
 MULTIGRAIN BREAD  
 CHERRY PIE

**FRIDAY 8/14/20**

CHEESE LASAGNA  
 TOSSED SALAD W/CHICKPEAS  
 BROCCOLI FLORETS  
 ITALIAN BREAD  
 FRUIT

**FRIDAY 8/21/20**

HONEY MUSTARD CHICKEN  
 LEMON POTATOES  
 MIXED VEGETABLES  
 CORNBREAD  
 FRUIT

**FRIDAY 8/28/20**

EGGPLANT PARMIGIANA  
 PENNE W/BASIL PESTO  
 TOSSED SALAD W/CHICKPEAS  
 ITALIAN BREAD  
 CAKE



**COLD MEAL**

EGG SALAD SANDWICH  
 CUCUMBER SALAD  
 V-8 JUICE  
 FRUIT

**COLD MEAL**

CHICKEN SALAD SANDWICH  
 GERMAN POTATO SALAD  
 PINEAPPLE JUICE  
 CHOCOLATE PUDDING

**COLD MEAL**

MOZZARELLA SANDWICH  
 BEAN SALAD  
 GRAPE JUICE  
 FRUIT

**COLD MEAL**

ROAST TURKEY SANDWICH  
 CARROT RAISIN SALAD  
 APPLE JUICE  
 FRUIT



\* Milk served daily

\*\*Menus subject to change without notice.

**IF YOU HAVE A FOOD ALLERGY, PLEASE CONTACT THE OFFICE.**