

Monday	Tuesday	Wednesday	Thursday	Friday
ITALIAN BREAD 01 .Orange-Pineapple Juice .Cheese Lasagna .w/ Meat Sauce .Broccoli Normandy .Vanilla Pudding .Ham & Cheese on Whl Wheat	.(Bone-IN) 02 .Garden Salad .Broiled Chicken Montreal .Boiled Potatoes .Capri Blend .Sliced Peaches .Liverwurst w/Onion on Rye	. 03 .Minestrone Soup .Italian Sausage and .Pepper Grinder .Cole Slaw .Oatmeal-Raisin Coogle .Seafood Salad on Pumpernickel	***100% BEEF*** 04 .Garden Salad .Home-Style Meatloaf w/ Gravy .Whipped Potatoes .Green Beans .Mandarin Oranges .Breaded Fish on Roll w/Tartar	. 05 .Vegetable Beef Soup .Ham Salad Plate .w/ Lettuce and Tomato .Potato Salad w/ Oil & Vinegar .Diced Pears .Meatball Grinder
. 08 . . VJ DAY . MEAL SITES ARE CLOSED 09 .Morrocan Lentil Soup .Klelbasa .Seasoned Potato Wedges .Winter Blend .Fruit Cocktail .Egg Salad on Pita	. 10 .Garden Salad .American Chop Suey .w/ Marinara sauce .Garlic Splnach .Pineapple Tidbits .Ham & Cheese on Whl Wheat	. 11 .Garden Salad .Turkey A La King w/ .Potatoes, Carrots & Peas .Buttermilk Biscuit .Jell-O .Cheeseburger on Bun	. 12 .Garden Salad .Krunchy Pollock w/ Tartar .Rice Florentine .Seasoned Broccoll .Chocolate Chip Cookie .Chicken Salad on Rye
. 15 .Cream of Spinach Soup .Hot Dog(Low Sodium) .New England Baked Beans .Pickled Beets .Mandarin Oranges .Turkey & Cheese on Rye	. 16 .Garden Salad .PastaPrimaVera:Carrots,Onions, .Broccoli,Squash,Zucchini&Parm .Cheese in a Light Sauce .Fresh Apple .Hot Dog(L-S) on Bun	. 17 .Garden Salad .Salisbury Steak Burger w/ Gravy .Whipped Potatoes .Wax Beans w/ Pimentos .Sliced Peaches .Egg Salad on Rye	. 18 .Tomato-Rice Soup .Seafood Salad Grinder .w/ Lettuce and Tomato .Tri-Color Pasta Salad .Orange Wedges(6) .Ham & Cheese on Whl Wheat	. 19 .Cranberry Juice .Chicken Chow Mein .Dry Noodles & White Rice .Carrots and Peas .Pineapple Tidbits .Seafood Salad in a Pita
. 22 .Vegetable Rice Soup .Fiesta Style Pollock .Potato Puffs .Zucchini and Tomato .Fruit Cocktail .Meatball Grinder	. 23 .Corn Chowder .CountryChickenBreast w/Gravy .Seasoned Potato Wedges .Prince Edward Blend .Orange Wedges(6) .Tuna Salad in a Pita	. 24 .Garden Salad .Swedish Meatballs .Egg Noodles w/ Gravy .Peas and Onions .Diced Pears .Turkey & Cheese on a Roll	. 25 .Carrot & Ginger Soup .Baked Scrod w/Ritz Topping .Whipped Potatoes .Apple Cole Slaw .Slced Peaches . Chicken Salad on Whl Wheat	***ITALIAN BREAD*** 26 .Escarole Soup .Itallan Meatballs .Shells w/ Marinara .Green Beans .Mandarin Oranges .Breaded Fish on Roll w/ Tartar
ITALIAN BREAD 29 .Three Bean Salad .Chicken Parmesan .Shells w/ Marinara .Winter Blend .Pineapple Tidbits .Salami & Cheese on a Roll	***NEW ITEM*** 30 .Potato Leek Soup .Shaved Steak w/ Onion on .Torpedo Roll .Cole Slaw .Oatmeal-Raisin Coogle .Ham & Cheese on Whl Wheat	. 31 .Split Pea Soup .PineappleGlazedChickenBreast .Seasoned Potato Wedges .Country Trlo .Birthday Cake w/ Frosting .Cheeseburger on Bun	. AUGUST, 2011 . WESTBAY COMMUNITY ACTION . 'HELPING PEOPLE, . CHANGING LIVES' . KITCHEN 463-3652 .	. Suggested Donation is \$3.00 . Anything above the suggested . donation helps to improve . the dining program. . . NOT FINAL COPY