

AUGUST MENU

For next day reservations (lunch is served at 11:30 am), call [480-962-5612](tel:480-962-5612) (Mesa Downtown) or [480-218-2221](tel:480-218-2221) (Red Mt).

Items with ** contain pork or pork products. Menu items subject to change due to availability.

1 MONDAY

Garlic & Lemon Tilapia served over Brown Rice Pilaf, with Peas, Spinach, Mandarin Oranges and a Cookie

2 TUESDAY

Philly Beef with Cheese Sauce on a Whole Wheat Hoagie, with French Fries, Mixed Vegetables, and Fresh Pear

3 WEDNESDAY

Cheese Ravioli with Spinach, Italian Blend Vegetables, a Whole Grain Bread Stick, and Sliced Apples

4 THURSDAY

An Italian Sausage Sandwich** on a Whole Wheat Bun, with Broccoli, 4-Way Mixed Vegetables, and a Fruit Cup

5 FRIDAY

A Cheeseburger with Lettuce and Tomato on a Whole Wheat Bun, served with Baked Beans, and Mixed Berries

8

Beefy Macaroni & Cheese, with Mixed Vegetables, Carrot Coins, a Whole Wheat Roll, and an Orange

9

Turkey ala King, with Sweet Potatoes, Spinach, a Whole Wheat Biscuit, Fruit Cocktail, and Birthday Cake!

10

Tuna Salad Sandwich on Whole Grain Bread, with Celery & Carrot Sticks, Broccoli Salad, and a Mandarin Orange

11

Paprika Chicken over a Winter Blend of Vegetables, Zucchini, a Whole Grain Bread Stick, and Pineapple

12

A Pulled Pork Sandwich** on a Whole Wheat Bun, with Spinach, Baked Beans, and Fresh Strawberries

15

Meatloaf with Mashed Potatoes and Gravy, a side of Peas, a Whole Wheat Roll, and Mixed Berries

16

Grilled Chicken served with Roasted Tomatoes, 3-Bean Salad, a Whole Wheat Roll, and a delicious Gala Apple

17

Turkey Meatballs with Gravy, Balsamic Carrots, a Garden Salad, a Whole Grain Roll, and Mandarin Oranges

18

Steak Diane served with Succotash, Wax Beans, a Whole Wheat Roll, and an Apple Crisp

19

Chicken Kiev with Stewed Tomatoes, Italian Green Beans, a Whole Wheat Roll, and juicy Grapes

22

Baked Ham with Pineapple**, Yams, Edamame, a Whole Wheat Roll, and Apricots

23

Teriyaki Beef over Brown Rice, with Yellow Squash, Broccoli, Cauliflower, and Cinnamon Pears

24

Chicken Salad Sandwich with Lettuce & Tomato on Whole Wheat Bread, with Carrot Sticks, and a Banana

25

Beef Tacos filled with Lettuce, Tomato and Cheese, sides of Mexican Rice, Pinto Beans, and Fresh Strawberries, with a Cookie

26

Turkey Burger with Lettuce & Tomato on a Whole Wheat Hamburger Bun, a side of Carrots, and an Orange

29

Vegetable Lasagna with Italian Blend Vegetables, Asparagus, a Whole Wheat Roll, and fresh Grapes

30

Baked Perch with Lemon Pepper served over Rice Pilaf with Mixed Vegetables, Cauliflower, a Whole Wheat Roll, and Sliced Cinnamon Apples

31

A Chef Salad with Turkey, Ham, Cheese**, Corn Salad, Beets, Whole Grain Crackers, a Peach Crisp, and Fruit Cocktail

