

# LAKEWOOD MEALS ON WHEELS

# AUGUST 2009

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>3</b> Grape Juice <b>TERIYAKI BEEF W/BROCCOLI</b> Brown Rice, Oriental Blend Asian Cabbage Salad Chow Mein Noodle Oatmeal Cookie	<b>4</b> Apple Juice <b>CHICKEN PICATTA W/LEMON &amp; CAPERS</b> Barley Casserole Peas & Onions Spinach Salad W/Mandarin Oranges, Fruit Cocktail	<b>5</b> Orange Juice <b>PEPPERCORN PORK LOIN</b> Potato O'Brien w/Onion & Peppers, Banana Squash / Lettuce w/Sliced Cucumber & Red Cabbage Lime and Pear Jell O	<b>6</b> Pineapple Juice <b>SPAGHETTI &amp; MEATBALLS</b> Seasoned Broccoli Caesar Salad w/Croutons Whole Grain Roll Watermelon or Fruit	<b>7</b> <b>OVEN FRIED CHICKEN</b> Baked Sweet Potato Seasoned Mixed Greens Coleslaw w/Raisins Cornbread * Banana Pudding
<b>10</b> Pineapple Juice <b>! HOT DOG !</b> Corn on the Cob Carrot and Pineapple Salad Hot Dog Bun Orange	<b>11</b> <b>CHICKEN MOLE (L &amp; T)</b> Pinto Beans, Broccoli Corn Tortilla *Rice Pudding	<b>12</b> Cranberry Juice <b>BEEF STROGANOFF</b> Egg Noodles Green Beans Cucumber Tomato Salad Tropical Fruit Salad	<b>13</b> Orange Juice <b>BBQ CHICKEN</b> Brown / Wild Rice Diced Carrots w/Parsley Garden Salad/Spiced Apples	<b>14</b> Grape Juice <b>MEATLOAF</b> Mashed Potatoes California Blend Whole Wheat Bread Oatmeal Cookie
<b>17</b> Apple Juice <b>GREEK LEMON CHICKEN BREAST</b> Zucchini, Coleslaw Whole Grain Roll Fresh Fruit	<b>18</b> Pineapple Juice <b>BEEF STEW W/Potatoes &amp; Onion, Celery &amp; Carrots</b> Spinach Salad w/Mandarin Oranges, Biscuit Banana	<b>19</b> Grape Juice <b>TUNA NOODLE CASSEROLE</b> Carrots, Marinated Broccoli & Cauliflower Salad Whole Grain Bread (2) Vanilla Pudding	<b>20</b> Cranberry Juice <b>BBQ HAMBURGER</b> Oven Roasted Potatoes Tomato and Lettuce Slices (2) Three Bean Salad Hamburger Bun Cantaloupe Melon	<b>21</b> Pineapple Juice <b>HAWAIIAN CHICKEN W/PINEAPPLE</b> Rice Pilaf / Broccoli Green Salad Wheat Roll, * Coconut Cake
<b>24</b> Orange Juice <b>BEEF FRENCH DIP SANDWICH ON A FRENCH ROLL</b> Italian Blend Vegetable Potato Salad, Ambrosia Salad	<b>25</b> <b>ROAST PORK W/GRAVY</b> Orange Cumin Broccoli White Bean Salad Dinner Roll Rice Pudding or Fruit	<b>26</b> Apple Juice <b>CHICKEN DIJON</b> Barley Casserole Baked Sweet Potato Garden Salad Frozen Mixed Berries	<b>27</b> Cranberry Juice <b>BEEF TACOS</b> Spanish Brown Rice Zucchini Ole Taco Shell, Fruit Cocktail	<b>28</b> Pineapple Juice <b>TURKEY BURGER</b> Oven Roasted Potatoes Tomato and Lettuce Slices (2) Hamburger Bun, Orange
<b>31</b> Cranberry Juice <b>PORK FAJITA W/BELL PEPPER</b> Refried Beans Caesar Salad w/Carrots Corn Tortilla, Tropical Fruit				