

August 2022



Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
31	1 Turkey & Cheese Sandwich Lettuce, Tomato & Onion Chips Cookie	2 Shrimp Alfredo Spinach Brownie	3 Jerk Chicken Jamaican Rice Peas & Carrots Sherbet	4 BBQ Chicken Black Eyed Peas Zucchini Mandarins	5 Hot Dog (GF w.out bun) Roasted Potatoes Broccoli & Cheese Fruit Salad	6
7	8 Hamburger Steak (with gravy) Rice Steamed Broccoli Watermelon	9 Chicken & Waffles Spinach Mac n Cheese Syrup Cut fruit	10 Chopped BBQ Pork Hushpuppies Turnip Greens Ambrosia	11 Chicken Parmesan WG Noodles (extra sauce) Glazed Carrots Pound Cake	12	13 Hawaiian Meatball Coconut Rice Carrots Mixed Fruit
14	15 SW Chicken Black Beans Confetti Corn Snickerdoodle	16 Baked Beef Spaghetti Mixed Grilled Veggies Garlic Bread Melon	17 Orange Chicken (extra sauce) Fried Rice Sesame Green Beans Mandarin Oranges	18 Fried Chicken Drummie Baked Beans Spiced Cabbage Banana Pudding	19	20 Pork Chop Sweet Potatoes Brussels Sprouts Cut Fruit
21	22 Cheeseburger Baked Beans Corn Fruit Salad	23 Chick fil a sandwich Sweet Potato Weges Roasted Cauliflower Brownie	24 Roast Beef (extra gravy) Boiled Potatoes Carrots Melon	25 Chicken Alfredo Spinach Peaches w/ whipped topping (GF)	26	27 Turkey & Gravy (extra gravy) Mac N Cheese Collard Greens Rolls
28	29 BBQ Chicken Black Eyed Peas Zucchini Cookie	30 Country Fried Steak w/ Gravy Mashed Potatoes Green Beans Sherbet	31 Beef Tips Egg Noodles Cabbage Roll Ambrosia	1	2	3
4	5	Notes				