



Lunch Menu

Monday - Tuesday - Wednesday - Thursday - Friday

12:00 pm

\$ 3.50 Contribution



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Mon	Tues	Wed	Thurs	Fri
<p><i>"Smell the sea, and feel the sky. Let your soul and spirit fly." - Van Morrison</i></p>		<p><u>August 1-</u> Rosemary Oven Browned Chicken Pea & Cheese Salad California Blend Vegetables Wheat Dinner Roll Watermelon </p>		<p><u>August 3-</u> Broccoli Cheese Topped Baked Potato Split Pea Soup Wheat Bread Pears </p>
<p><u>August 6-</u> BBQ Pork Riblet Bun Cauliflower Corn Applesauce</p>	<p><u>August 7-</u> Ham, Turkey ,  Roast Beef Sandwich and Soup</p>	<p><u>August 8-</u> Chicken Salad Sandwich Wheat Thinwich Yankee Bean Soup Tossed Salad</p>		<p><u>August 10-</u> Tuna Pasta Salad Lettuce, Tomato  Apple Juice Spinach Lentil Soup Apricots</p>
<p><u>August 13-</u> Broccoli & Cheese Quiche Green Beans Corn Wheat Bread Pineapple </p>	<p><u>August 14-</u> Ham, Turkey , Roast Beef Sandwich and Soup</p>	<p><u>August 15-</u> Breaded Haddock Red Jacketed Potatoes Tuscany Blend  Vegetables Marble Rye Bread Plums</p>	<p><u>August 16-</u> Roast Beef Sandwich w/ L, T Thinwich Vegetable Soup Pea & Cheese Salad Watermelon</p>	<p><u>August 17-</u> Chicken Breast w/ Lettuce  Tomato Orange Juice Summer Potato Salad Ice Cream Sandwich</p>
<p><u>August 20-</u> Macaroni & Cheese Tomatoes, Zucchini & Onions  Green Beans Rye Bread Fruit Cocktail</p>	<p><u>August 21-</u> Seafood Salad Lettuce, Tomato Thinwich Cabbage Beef Soup Honeydew</p>	<p><u>August 22-</u> Fajita Chicken on Spinach Romaine Salad Minestrone Soup Wheat Sinner Roll Cantaloupe </p>		<p><u>August 24-</u> Italian Sausage Pasta & Sauce  Wax Beans Italian Blend Vegetables Italian Bread Mandarin Oranges</p>
<p><u>August 27-</u> Stuffed Pepper w/ Sauce Corn Spinach Marble Rye Bread Peaches </p>	<p><u>August 28-</u> Ham, Turkey ,  Roast Beef Sandwich and Soup</p>	<p><u>August 29-</u> <u>Grandkids Day</u> Pizza Tossed Salad  Grape Juice Fruit Cocktail</p>		<p><u>August 31-</u> Chicken w/ BBQ Sauce Apple Juice Yankee Bean Soup Mashed Sweet Potatoes Pumpnickel Bread Fruit Cocktail</p>



Come and Join Us For Lunch
Call for Reservations 334-4030

Certified by Mary Apps, MS, RD, CDN

*= Meal is NOT certified by MCOFA Dietitian or provided by ABVI

