

August 2021	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST (Week 1)	2 8 oz 1% Milk 4 oz 100% Orange Juice ½ cup Oatmeal (WG) 1.25 oz Enriched WG Bread 1 tsp Margarine	3 8 oz 1% Milk ½ c Mixed Fruit 2.2 oz English Muffin 1 tsp Sugar Free Jelly	4 8 oz 1% Milk 4 oz 100% Apple Juice ¾ cup WG Corn Flakes 1.25 oz Enriched WG Bread	5 8 oz 1% Milk ½ cup Mixed Fruit 2.2 oz Corn Muffin	6 8 oz 1% Milk 4 oz 100% Fruit Juice ¾ c WG Oats Cereal 1.25 oz Enriched WG Bread
LUNCH	8 oz 1% Milk Penne & Meatballs 2 oz Ground Beef ¼ cup Marina ½ cup Broccoli ¼ cup Oranges ½ cup Penne Pasta 1.5 oz Roll (WG)	Mandarin Chicken 2 oz Boneless Chicken ½ cup Mandarin Orange ½ cup Stir Fry Veggies ½ cup Brown Rice (WG) 1.5 oz roll 8 oz 1% Milk	Hot Dog & Kraut 3 oz All Beef Hot Dog ¼ cup Cinnamon Apples ¼ cup Sauerkraut ½ cup Sliced Carrots 1.8 oz Enriched HD Roll 1 oz Mustard & Ketchup 8 oz 1% Milk	Creamed Chicken 2 oz Chicken Breast ¾ cup Mixed Vegetables ½ cup of Apples ½ cup Brown Rice 1.5 oz Roll (WG) 8 oz 1% Milk	Turkey Meatloaf *Included in preparation 3 oz Ground Turkey ½ cup Stewed Tomato ½ cup Carrots *1 oz Enriched WW Bread 1.25 oz WW Bread Slice 8 oz 1% Milk
BREAKFAST (Week 2)	9 8 oz 1% Milk 4 oz 100% Orange Juice ½ cup Oatmeal (WG) 1.25 oz Enriched WG Bread 1 tsp Margarine	10 8 oz 1% Milk ½ cup Mixed Fruit 2.2 oz English Muffin 1 tsp Sugar Free Jelly	11 8 oz 1% Milk 4 oz 100% Apple Juice ¾ cup WG Corn Flakes 1.25 oz Enriched WG Bread	12 8 oz 1% Milk ½ cup Mixed Fruit 2.2 oz WG Toaster Waffle 1 tsp Sugar Free Syrup	13 8 oz 1% Milk 4 oz 100% Fruit Juice ¾ cup WG Oats Cereal 1.25 oz Enriched WG Bread
LUNCH	Beef & Macaroni Ala Pascale 2 oz Ground Beef ¼ cup Tomato Marinara ¼ Mixed Fruit ½ cup Carrots ½ cup Pasta 1.5 oz Roll (WG) 8 oz 1% Milk	Baked Chicken Breast 2 oz Boneless Chicken ½ cup Mixed Vegetables ½ cup Pears ½ c Rice & Beans 1.5 oz Roll (WG) 8 oz 1% Milk	Swedish Meatballs 2 oz Ground Beef ½ cup Onion, Pepper, Mushroom ½ cup Apples ½ cup Pasta 1.5 oz Roll (WG) 8 oz 1% Milk	Chicken Chili 2 oz Ground Chicken ½ cup Corn & Beans ¼ cup Tomato Marinara ¼ cup Mixed Fruit ½ cup Mexican Rice 1.5 oz Roll (WG) 8 oz 1% Milk	Tuna Salad Sandwich *Included in preparation 2 oz Tuna *1/2 cup Celery & Carrot 1 cup Salad Greens ½ cup Tomato & Cucumber 1.8 oz Enriched Hamburger roll 1 tsp Balsamic Dressing 8 oz 1% Milk
BREAKFAST (Week 3)	16 8 oz 1% Milk 4 oz 100% Orange Juice ½ cup WG Oatmeal 1.25 oz Enriched WG Bread 1 tsp Margarine	17 8 oz 1% Milk ½ cup Mixed Fruit 2.2 oz English Muffin 1 tsp Sugar Free Jelly	18 8 oz 1% Milk 4 oz 100% Apple Juice ¾ cup WG Corn Flakes 1.25 oz Enriched WG Bread	19 8 oz 1% Milk ½ cup Mixed Fruit 2.2 oz Corn Muffin	20 8 oz 1% Milk 4 oz 100% Fruit Juice ¾ cup WG Oats Cereal 1.25 oz Enriched WG Bread
LUNCH	Turkey Pascale 2 oz Ground Turkey ¼ cup Broccoli with Garlic ½ cup Marinara Sauce ½ cup Pasta 1.5 oz roll (WG) 8 oz 1% Milk	Balsamic Chicken 2 oz Boneless Chicken ½ cup Italian Vegetables ½ cup Fruit Juice ½ cup Italian Brown Rice 1.5 oz Roll (WG) 8 oz 1% Milk	Mac n' Cheese with Franks 2 oz All Beef Hot Dog ½ cup Corn ½ cup Apples ½ cup Pasta 1.5 oz Roll (WG) 8 oz 1% Milk	Mojo Pulled Chicken 2 oz Boneless Chicken ½ cup Beans, Olives, Veg ¼ cup Tomato ¼ cup Mixed Fruit ½ cup Yellow Rice 1.5 oz Roll (WG) 8 oz 1% Milk	Homestyle Meatloaf *Included in preparation 3 oz Ground Beef ½ cup Stewed Tomato ½ cup Carrots *1 oz Enriched WW Bread 1.25 oz WW Bread 8 oz 1% milk
BREAKFAST (Week 4)	23 8 oz 1% Milk 4 oz 100% Orange Juice ½ cup WG Oatmeal 1.25 oz Enriched WG Bread 1 tsp Margarine	24 8 oz 1% Milk ½ cup Mixed Fruit 2.2 oz English Muffin 1 tsp Sugar Free Jelly	25 8 oz 1% Milk 4 oz 100% Apple Juice ¾ cup WG Corn Flakes 1.25 oz Enriched WG Bread	26 8 oz 1% Milk ½ cup Mixed Fruit 2.2 oz WG Toaster Waffle 1 tsp Sugar Free Syrup	27 8 oz 1% Milk 4 oz 100% Fruit Juice ¾ oz cup WG Oats Cereal 1.25 oz Enriched WG Bread
LUNCH	Sweet and Sour Meatballs 2 oz Ground Chicken Meatball ½ cup Mixed Vegetable ½ cup Pears ½ cup Pasta 1.5 oz Roll (WG) 8 oz 1% Milk	Pasta Bolognese 2 oz Ground Beef ½ cup Broccoli w/garlic ½ cup Tomato Marinara ½ cup Shell Pasta 1.5 oz Roll (WG) 8 oz 1% Milk	BBQ Chicken 2 oz Boneless Chicken ½ cup Carrots ½ cup Mixed Fruit ½ cup Brown Rice & Beans 1.5 oz Roll (WG) 8 oz 1% Milk	Stuffed Pepper *Included in preparation 2 oz Ground Beef ½ cup Pepper, Onion, Corn ½ cup Stewed Tomato *1/2 cup Brown Rice (WG) 1 oz Biscuit 8 oz 1% Milk	Chicken Salad Sandwich *Included in preparation 2 oz Chicken Breast ½ cup Four Bean Salad ¼ cup Apple Sauce *1/4 cup Celery & Carrot 1.8 oz Enriched Hamburger Roll 8 oz 1% Milk
BREAKFAST (Week 1)	30 8 oz 1% Milk 4 oz 100% Orange Juice ½ cup Oatmeal (WG) 1.25 oz Enriched WG Bread 1 tsp Margarine	31 8 oz 1% Milk ½ c Mixed Fruit 2.2 oz English Muffin 1 tsp Sugar Free Jelly			
LUNCH	8 oz 1% Milk Penne & Meatballs 2 oz Ground Beef ¼ cup Marina ½ cup Broccoli ¼ cup Oranges ½ cup Penne Pasta 1.5 oz Roll (WG)	Mandarin Chicken 2 oz Boneless Chicken ½ cup Mandarin Orange ½ cup Stir Fry Veggies ½ cup Brown Rice (WG) 1.5 oz roll 8 oz 1% Milk		BOCA RATON DELRAY BEACH LAKE WORTH PAHOKEE PALM BEACH GARDENS WEST PALM BEACH NORTH STUART WELLINGTON WEST LAKE WORTH THIS MENU IS SUBJECT TO CHANGE	 ALZHEIMER'S COMMUNITY CARE®