

<p align="center"><b>Monday</b></p> <p align="center"><i>Stickey</i></p> <p align="center"><b>AUG 2018</b></p> <p align="center">7/18/18 @ 1743hrs</p>	<p align="center"><b>Tuesday</b></p> <p align="center">Please sign up for or cancel lunch by 11:00 a.m. the day before. Thank you. (708) 636-8850</p>	<p align="center"><b>Wednesday</b></p>	<p align="center"><b>Thursday</b></p>	<p align="center"><b>Friday</b></p>
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<ul style="list-style-type: none"> <li>&gt; 3/2 oz breaded pork chop w/gravy</li> <li>&gt; 1/2 cup au gratin potato</li> <li>&gt; 1/2 cup California blend</li> <li>&gt; 1/2 cup applesauce</li> <li>&gt; wheat bread and margarine</li> <li>&gt; oatmeal cookie</li> </ul> <p align="center"><b>6</b></p>	<ul style="list-style-type: none"> <li>&gt; 3oz chicken strips/ranch dip</li> <li>&gt; 1/2 cup broccoli</li> <li>&gt; 1/2 cup pasta</li> <li>&gt; 1 cup chicken dumpling soup/crackers</li> <li>&gt; 1/2 cup lettuce/dressing</li> <li>&gt; multigrain bread &amp; margarine</li> <li>&gt; 1/2 cup peaches</li> </ul> <p align="center"><b>7</b></p>	<ul style="list-style-type: none"> <li>&gt; 3 oz bratwurst/grilled onion</li> <li>&gt; 1/2 cup beet salad</li> <li>&gt; bag potato chips</li> <li>&gt; 1 cup lettuce w/dressing</li> <li>&gt; 1.5oz bun</li> <li>&gt; 1/2 cup cinnamon apples</li> <li>&gt; mustard packet</li> </ul> <p align="center"><b>8</b></p>	<ul style="list-style-type: none"> <li>&gt; 3oz pesto chicken w/pesto or wine</li> <li>&gt; 1/2 cup susso tash</li> <li>&gt; 1/2 cup orzo</li> <li>&gt; 1 cup creamy cauliflower soup/crackers</li> <li>&gt; 1/2 cup kidney bean salad</li> <li>&gt; 1.3oz roll/margarine</li> <li>&gt; 4 oz juice</li> </ul> <p align="center"><b>1</b></p>	<ul style="list-style-type: none"> <li>&gt; 3 oz Italian meatball sandwich/peppers, onions in red sauce</li> <li>&gt; side of mozzarella cheese</li> <li>&gt; 1/2 cup mixed vegetable</li> <li>&gt; 2oz French bread and margarine</li> <li>&gt; apple</li> </ul> <p align="center"><b>3</b></p>
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<ul style="list-style-type: none"> <li>&gt; 3 oz polish sausage/w kraut</li> <li>&gt; 1/2 cup mashed potato</li> <li>&gt; 1/2 cup baked bean</li> <li>&gt; 1 cup mushroom barley soup/crackers</li> <li>&gt; 1 cup lettuce/dressing</li> <li>&gt; bun</li> <li>&gt; 1/2 cup pears</li> <li>&gt; mustard</li> </ul> <p align="center"><b>13</b></p>	<ul style="list-style-type: none"> <li>&gt; 7oz veggie lasagna</li> <li>&gt; 1/2 cup spring vegetables</li> <li>&gt; 1 cup greek salad w/ tomato, onion, feta, olives /dressing</li> <li>&gt; garlic breadstick/margarine</li> <li>&gt; banana</li> </ul> <p align="center"><b>14</b></p>	<ul style="list-style-type: none"> <li>&gt; 3 oz chicken</li> <li>&gt; 1 cup Cobb salad/dressing</li> <li>&gt; 1 cup chicken thimstrone soup/crackers</li> <li>&gt; 1/2 cup chickpea salad</li> <li>&gt; 1/2 cup fruit cocktail</li> <li>&gt; roll and margarine</li> </ul> <p align="center"><b>15</b></p>	<ul style="list-style-type: none"> <li>&gt; 3 oz vesuvio meatball</li> <li>&gt; 1/2 cup wild rice</li> <li>&gt; 1/2 cup nor mainly veg blend</li> <li>&gt; 1 cup split pea soup/crackers</li> <li>&gt; 1 cup tossed salad, dressing</li> <li>&gt; muffin and margarine</li> <li>&gt; medium apple</li> </ul> <p align="center"><b>16</b></p>	<ul style="list-style-type: none"> <li>&gt; 3 oz Stuffed cabbage w/red sauce</li> <li>&gt; 1/2 cup mashed potato</li> <li>&gt; 1/2 cup carrots</li> <li>&gt; 1 cup navy bean soup/crackers</li> <li>&gt; multigrain roll/margarine</li> <li>&gt; 1/2 cup fruit salad</li> <li>&gt; oatmeal bar</li> </ul> <p align="center"><b>17</b></p>
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<ul style="list-style-type: none"> <li>&gt; 3 oz meatballs stroganoff in mushroom sauce</li> <li>&gt; 1/2 cup pasta</li> <li>&gt; 1/2 cup carrots</li> <li>&gt; 1 cup lettuce/w dressing</li> <li>&gt; 2oz wheat roll/margarine</li> <li>&gt; 1/2 cup pineapple</li> </ul> <p align="center"><b>20</b></p>	<ul style="list-style-type: none"> <li>&gt; 3 oz BBQ pulled chicken</li> <li>&gt; 1/2 cup twice baked smashed potatoes</li> <li>&gt; 1/2 cup corn</li> <li>&gt; 1/2 cup cole slaw</li> <li>&gt; 1 cup corn Chowder soup/cracker</li> <li>&gt; 1/2 cup peaches</li> <li>&gt; pretzel bun</li> </ul> <p align="center"><b>21</b></p>	<ul style="list-style-type: none"> <li>&gt; 3 oz white fish w/lemon dill sauce</li> <li>&gt; baked sweet potato</li> <li>&gt; 1/2 cup spring veggie mix</li> <li>&gt; 1 cup creamy spinach for filling soup/crackers</li> <li>&gt; 1 cup tossed salad/ dressing</li> <li>&gt; 1/2 cup fruit salad</li> <li>&gt; wheat bun and margarine</li> </ul> <p align="center"><b>22</b></p>	<ul style="list-style-type: none"> <li>&gt; 3oz roast pork w/gravy</li> <li>&gt; 1/2 cup garlic par sley pasta</li> <li>&gt; 1/2 cup peas and carrots</li> <li>&gt; 1 cup pasta fagioli soup/crackers</li> <li>&gt; 1/2 cup black bean salad</li> <li>&gt; rye bread w/margarine</li> </ul> <p align="center"><b>23</b></p>	<ul style="list-style-type: none"> <li>&gt; PIZZA</li> <li>&gt; 1 cup mixed green salad/dressing</li> <li>&gt; 1/2 cup watermelon slice</li> <li>&gt; 1/2 cup pudding</li> </ul> <p align="center"><b>24</b></p>
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<ul style="list-style-type: none"> <li>&gt; 3oz Hotdog on wheat bun with mustard, ketchup, onion, tomato</li> <li>&gt; 1/2 cup potato salad</li> <li>&gt; 1/2 cup baked beans</li> <li>&gt; 1/2 cup grapes</li> </ul> <p align="center"><b>27</b></p>	<ul style="list-style-type: none"> <li>&gt; 3 oz prime rib w/au jus</li> <li>&gt; 1/2 cup baked potato/sour cream</li> <li>&gt; 1/2 cup carrots/herb butter</li> <li>&gt; 1 cup wildstrone soup/crackers</li> <li>&gt; wheat roll/margarine</li> <li>&gt; 1/2 cup pears</li> </ul> <p align="center"><b>28</b></p>	<p align="center"><b>BOXED LUNCH</b></p> <ul style="list-style-type: none"> <li>&gt; 3 oz turkey/on sub roll</li> <li>&gt; bag of potato chips</li> <li>&gt; 1/2 cup cole slaw</li> <li>&gt; 1/2 cup jello</li> <li>&gt; cookie</li> </ul> <p align="center"><b>29</b></p>	<ul style="list-style-type: none"> <li>&gt; 3 oz meatloaf</li> <li>&gt; 1/2 cup stew vegetables</li> <li>&gt; 1/2 cup mashed potatoes</li> <li>&gt; 1 cup potato bacon soup/crackers</li> <li>&gt; roll and margarine</li> <li>&gt; 1/2 cup oranges</li> </ul> <p align="center"><b>30</b></p>	<ul style="list-style-type: none"> <li>&gt; 3 oz breaded beef steak w/gravy</li> <li>&gt; 1/2 cup broccoli</li> <li>&gt; 1/2 cup macaroni and cheese</li> <li>&gt; 1 cup lettuce/dressing</li> <li>&gt; biscuit/margarine</li> <li>&gt; 1/2 cup peaches</li> </ul> <p align="center"><b>31</b></p>
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Sugar free jello or whole fresh fruit will be served for diabetic menus as a substitute for their desserts. 1-1/2 pt. skim or 2% milk will be provided.