

Gluten Friendly Entrée

August 2022

MON		TUE		WED		THU		FRI		SAT		SUN	
1		2		3		4		5		6		7	
Beef Enchilada Mexican Corn Poached Pears		Chicken Fajitas Brown Rice Mexican Corn		Turkey + Gravy Mashed Potatoes Broccoli		Beef Burgundy Mashed Potatoes Green Beans		Mandarin Chicken over Brown Rice Oriental Blend Vegetables Peas		BBQ Pork Riblet Mashed Potatoes Spinach		Teriyaki Chicken over Brown Rice Peas Creamed Corn	
8		9		10		11		12		13		14	
Chili with Corn Green Beans Pears		Roast Beef + Gravy Baked Potato Turnip Greens		BBQ Pork Riblet Baked Beans Creamed Spinach		Turkey Enchilada Casserole Pinto Beans Mexi-Corn		Chicken Chow Mein over Brown Rice Green Peas and Corn		Beef Enchilada Mexi-Corn Poached Pears		Chicken Ranchero over Spanish Rice Mixed Vegetables Pinto Beans	
15		16		17		18		19		20		21	
Scrambled Eggs with Ham Hashed Browns Potatoes Baked Beans		Glazed Turkey Ham Mashed Potatoes Green Beans		Pepper Steak in Gravy Country Style Hashed Browns Zucchini		Chicken Fajitas Brown Rice Mexi-Corn		Beef Stew Potatoes Mixed Vegetables		Curried Chicken Strips Brown Rice Mixed Vegetables Cauliflower		Beef Burgundy Mashed Potatoes Green Beans	
22		23		24		25		26		27		28	
Scrambled Eggs with Ham Hashed Browns Potatoes Baked Beans		Glazed Turkey Ham Mashed Potatoes Green Beans		Pepper Steak in Gravy Country Style Hashed Browns Zucchini		Chicken Fajitas Brown Rice Mexi-Corn		Beef Stew Potatoes Mixed Vegetables		Curried Chicken Strips Brown Rice Mixed Vegetables Cauliflower		Beef Burgundy Mashed Potatoes Green Beans	
29		30		31									
Beef + Cheese Enchilada Mexican Corn Poached Pears		Chicken Fajitas Brown Rice Mexican Corn		Chili with Peas Corn Carrots									

*Beverage choice: soymilk, juice or bottled water. Menu subject to change.