

August

2019

ADS

Menu

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4	5	6	7	8	9	10
11	12	13	14 Spaghetti and meatballs DF, Carrots, Garlic bread ,Vegan GF Pasta and sauce, Fruit	15 Grilled chicken GF DF, Broccoli, Rice pilaf GF DF, Fruit, Grilled tofu	16 Hamburgers with fixings, tater tots GF DF, Fruit, vegan GF burgers	17
18	19 Chicken veggie stew GF DF,Whole wheat rolls, rolls, Vegan GF Veggie stew, fruit	20 Cheese quesadillas, Black beans , Spanish rice , Vegan GF quesadillas, fruit	21 Cheese pizza, salad, fruit	22 Chicken veggie stir fry GF DF, rice, Vegan GF stir fry, Fruit	23 Fish sticks DF, mac and cheese, Green beans, Vegan mac and cheese, GF tofu sticks, fruit	24
25	26 BBQ chicken GF DF, Pinto beans, Carrot slaw, GF DF, Fruit, Vegan BBQ veggies	27 Soft turkey tacos, Roasted zucchini on corn, Fruit, Vegan GF tacos	28 Beef lasagna, Broccoli, fruit, Vegan GF pasta	29 Chicken nuggets, mashed potatoes, peas, Fruit, Quinoa cakes	30 Grilled cheese sandwiches, tomato soup GF DF, GF Vegan sandwich, fruit	31