

TRI-VALLEY

August 2010 Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2. Beef Barley Soup Crumb Topped Fish Tartar Sauce O'Brien Potatoes Garden Peas Honey Wheat Bread Granola Bar	3. Beef & Broccoli Steamed Brown Rice Oriental Style Vegetables Pumpernickel Bread Mandarin Oranges	4. Honey BBQ Chicken Herb Roasted Potatoes Mixed Vegetables Whole Wheat Bread Pear Crisp	5. Swedish Meatballs Noodles Spinach Rye Bread Mixed Fruit	6. Pork w/Mushroom Sauce Garlic Mashed Potato Green Beans Multigrain Bread Fresh Fruit
Cal:769 Fat: 36% Chol:88mg Fiber:11g Sodium:780mg	Cal:728 Fat:35% Chol:68mg Fiber:7g Sodium:629mg	Cal:725 Fat: 32% Chol:93mg Fiber:9g Sodium:624mg	Cal: 746 Fat: 34% Chol: 121mg Fiber:7g Sodium:940mg	Cal: 706 Fat: 30% Chol:64mg Fiber:8g Sodium:859mg
9. Veal Marsala Rice Pilaf Carrots French Bread Cookie (Choc. Chip)	10. Turkey a La King Mashed Potato Brussel Sprouts Multigrain Bread Peaches	11. Beef Jardiniere Red Bliss Potatoes Broccoli Honey Wheat Bread Bread Pudding	12. Hot Dog & Roll Condiments Baked Beans Cole Slaw Fresh Melon	13. Penne w/Chicken and Broccoli Country Blend Veggies Whole Wheat Bread Baked Apples
Cal:691 Fat:31% Chol:87mg Fiber:4g Sodium:734mg	Cal:857 Fat: 44% Chol:92mg Fiber:9g Sodium:689mg	Cal:792 Fat: 37% Chol:223mg Fiber:10g Sodium:764mg	Cal:742 Fat:53% Chol:65mg Fiber:8g Sodium:1480mg	Cal:680 Fat: 27% Chol:60 Fiber:10g Sodium:391mg
16. Italian Braised Beef Egg Noodles Capri Vegetables Pumpernickel Bread Pineapple	17. Pork w/Apples Herbed New Potatoes Tuscany Style Blend Whole Wheat Bread Fruit Crisp	18. Salmon Boat Garlic Mashed Potato Peas & Onions Multigrain Bread Waffle Grahams	19. Sweet/Sour Chicken Steamed White Rice Summer Blend Veggies Honey Wheat Bread Mandarin Oranges	20. Vegetarian Chili Mashed Potato Mixed Vegetables Rye Bread Fresh Fruit
Cal:770 Fat:39% Chol:140mg Fiber:8g Sodium:743mg	Cal:806 Fat: 25% Chol:61mg Fiber:10g Sodium:587mg	Cal:672 Fat: 28% Chol:43mg Fiber:7g Sodium:751mg	Cal: 675 Fat: 20% Chol: 82mg Fiber:8g Sodium:689mg	Cal:630 Fat: 20% Chol:18mg Fiber:19g Sodium:776mg
23. Honey Glazed Pork Carrot & Sweet Potato Brussels Sprouts Honey Wheat Bread Fruit Cocktail	24. Yankee Chicken Pie Wax Beans Spinach Rye Bread Birthday Cake Diet= Plain Cake	25. Spaghetti with Meatsauce Italian Green Beans French Bread Fresh Orange	26. Corn Chowder Pollock w/Newburg Sauce Rice Pilaf Broccoli Multigrain Bread Pistachio Pudding	27. Roasted Chicken O'Brien Potatoes Fiesta Corn Whole Wheat Bread Peaches
Cal:570 Fat: 17% Chol: 61mg Fiber:10g Sodium:858mg	Cal: 855 Fat: 42% Chol:73mg Fiber:8g Sodium:988mg	Cal:667 Fat: 30% Chol:74mg Fiber:8g Sodium:663mg	Cal:806 Fat: 37% Chol: 86mg Fiber:4g Sodium:717mg	Cal:662 Fat:25% Chol:90mg Fiber:5g Sodium:822mg
30. Orange Beef Steamed Rice Oriental Cauliflower Pumpernickel Bread Mandarin Oranges	31. Meatloaf & Gravy Mashed Potato Garden Salad Whole Wheat Bread Baked Apples			
Cal:834 Fat: 56% Chol: 89mg Fiber:5g Sodium:833mg	Cal: 863 Fat: 52% Chol: 146mg Fiber:9g Sodium:866mg			

