



DINING ROOM MENU FOR AUGUST 2024

BERNARDI MULTIPURPOSE SENIOR CENTER

Dining Center
747-254-2579, Ext. 7

Subject to change without notice.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p>LUNCH IS SERVED AT 11:30 A.M.</p>	<p>Mary Lucero <i>Dining Coordinator</i> SUGGESTED DONATION OF \$3.10 FOR THOSE 60 YEARS OLD AND OVER</p>	<p>1) Tuscan Bean Stew Roasted Cauliflower ** Spinach Salad Ranch Dressing Whole Grain Roll *Orange LF Milk</p>	<p>2) Korean BBQ (Beef) Saute Zucchini w/ Sesame Seeds *** Broccoli Salad w/Sliced Radish Herbed Brown Rice Pineapple LF Milk</p>
<p>5) Savory Beef Stew w/ Mashed Potatoes Roasted Brussels Sprouts WG Roll or WG Bread *Orange LF Milk</p> <p style="text-align: center;">FOOD BANK</p>	<p>6) Turkey Vegetable Stir-fry w/ Lo Mein Noodles *Cabbage, Cucumber, Radish Salad w/Sesame Drsg Poached Ginger Pear LF Milk</p>	<p>7) Chicken Cobb Salad ***Mixed Salad Green w Shredded Carrots & Bell Pepper 1000 Island Dressing Tomato & Cucumber Salad Whole Grain Roll Fresh Seasonal Fruit LF Milk</p>	<p>8)*Orange Juice Turkey Bolognese w/ Penne Pasta Herbed Zucchini & Yellow Squash Caesar Salad w/ Croutons w/ Caesar Dressing Fruit Cup (apple & melon) Whole Grain Roll LF Milk</p>	<p>9) Fish & Chips **Roasted Sweet Potato Wedges *Coleslaw WG Roll or WG Bread Fresh Peach OR Plum Tapioca Pudding LF Milk</p>
<p>12) Southwest Chicken Bowl Pinto or Black Beans * Shredded Cabbage Mixed Salad Greens, Radish w/Cilantro Drsg. Corn Salad Whole Grain Roll Fresh or Unsweetened Peaches or Melon LF Milk</p>	<p>13) Shepherd's Pie (Ground Beef) w/Mashed Potatoes **Carrots Mixed Salad Greens French Dressing Whole Grain Roll *Kiwi LF Milk</p>	<p>14) Baked Fish Alman-dine Green Beans w/ Herbs Barley w/ Herbs ***Spinach Salad w/Kale, Bell Pepper, Cucumber, 1000 Drsg Yogurt Parfait w/Berries LF Milk</p>	<p>15) Cashew Chicken Brown Rice Green Peas Beet & Mandarin Orange Salad Fresh Fruit in Season Low fat Milk</p>	<p>16) Garden Vegetable Lasagna Zucchini & Mushrooms & Parmesan Cheese **Broccoli Caesar Salad w/Caesar Dressing *Cantaloupe OR Orange LF Milk</p>
<p>19)*Orange Juice Open Face Hot Turkey Sandwich Whole Grain Bread Mashed Potatoes Green Beans **Spinach Salad w/ Shredded Cabbage & Dried Cranberries & Vinaigrette Dressing LF Milk</p>	<p>20) Baked Pollock w/ Lemon Sauce Whole Grain Roll OR Bread Mixed Vegetable Blend ***Broccoli Salad Cinnamon Applesauce Low fat Milk</p>	<p>21) BBQ Chicken Brown Rice **Yam OR Sweet Potato ***Tri Color Coleslaw Peach OR Pear Low fat Milk</p>	<p>22) Turkey Caprese Salad Bowl Whole Grain Pita Bread Mesclun Salad Greens w/ Cucumber, Tomato, & Garbanzo Beans w/Pesto Salad Dressing *Strawberries OR Cantaloupe Low fat Milk</p>	<p>23) Meatloaf (Beef) w/Gravy Whole Grain Roll Garlic Mashed Potatoes Roasted Brussels Spouts *Orange Low fat Milk</p>
<p>26) Chicken Adobo Brown Rice Green Peas Mesclun Salad w Garbanzo Beans & Ranch Dressing *Pineapple & Mango Fruit Cup Low fat Milk</p>	<p>27) Turkey Milanese w/ Linguine & Pesto Sauce Cauliflower & Zucchini **Carrot Raisin Salad *Orange Vanilla Yogurt Parfait w/Granola LF Milk</p>	<p>28) Salmon w/Dill Sauce Whole Grain Roll Green Beans Chopped Mixed Salad w/ Spinach, Kale, Bell Pepper, & Italian Drsg Cinnamon Applesauce Low fat Milk</p>	<p>29) Asian Beef Stir Fry Brown Rice Mixed Asian Vegetables Beet Salad *Cantaloupe OR Tangerine Low fat Milk</p>	<p>30)*Orange Juice Cheesburger Grd Turkey WG Hamburger Bun ** Broccoli Salad Tossed Green Salad w/ Ranch Dressing Macaroni Salad Watermelon or Strawberries LF Milk</p>

Labor Day Party