

**DAILY ALTERNATIVES TO RED MEATS, PORK & FISH
ALTERNATIVAS DIARIAS PARA CARNES ROJAS, PESCADO Y CERDO
LEMONADE OR LIGHT JUICES SERVED DAILY
AUGUST MENU/MENU AGOSTO**

| 16-19 AUG | Monday | Tuesday | Wednesday | Thursday | Friday |
|--------------|--------------|---|--|--|--|
| Main Meal | NO SCHOOL | Oven Roasted Lemon Chicken Cauliflower Rice Pilaf Tropical Coleslaw Salad with Citrus Honey Dressing | Italian Style Lasagna Mediterranean Salad Garlic Bread Roll | Latin Style Rice & Chicken Red Beans Garden Salad Honey Bread | Pop Corn Chicken BBQ Sauce Mashed Potatoes Confetti Corn Salad |
| Vegetarian | | Vegetarian dishes available upon request | Vegetarian dishes available upon request | Vegetarian dishes available upon request | Vegetarian dishes available upon request |
| Dessert | | Dessert | Fresh Fruit Cuts | Dessert | Fruit Salad |

| 22-26 AUG | Monday | Tuesday | Wednesday | Thursday | Friday |
|--------------|--|--|---|---|--|
| Main Meal | Granny's Beef Stew with Carrots/Potatos White Rice Green Salad | Baked Pasta Shells with Chicken & Spinach in Creamy Sauce Italian Focaccia Garden Salad | Fish Or Chicken Fingers Tartar Sauce/ BBQ Sauce Baked Fries Carrots & Broccoli Salad | Spaguetti with choice of sauce Bolognese Or Pesto Bread Roll Mixed Salad | Chicken Teriyaki with Carrots and Broccoli Oriental Fried Rice Asian Salad |
| Vegetarian | Vegetarian dishes available upon request | Vegetarian dishes available upon request | Vegetarian dishes available upon request | Vegetarian dishes available upon request | Vegetarian dishes available upon request |
| Dessert | Fruit Salad | Dessert | Fresh Fruit Cuts | Dessert | Fruit Salad |

AUGUST MENU/MENU AGOSTO

| 29-31 AUG | Monday | Tuesday | Wednesday | Thursday | Friday |
|--------------|--|---|---|--|--|
| Main Meal | Beef Casado Shredded Beef Black Beans White Rice Mixed Salad | Old Fashioned Chicken Stew Carrot Turmeric Rice House Coleslaw | Pasta Station featuring Penne with Marinara, Pesto Or Bolognese Sauces Tomato Focaccia Cesar Salad | Sept. Menu | Sept. Menu |
| Vegetarian | Vegetarian dishes available upon request | Vegetarian dishes available upon request | Vegetarian dishes available upon request | Vegetarian dishes available upon request | Vegetarian dishes available upon request |
| Dessert | Fruit Salad | Dessert | Fresh Fruit Cuts | Dessert | Fruit Salad |