

July 2019 | Menu for PEAK

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|---|---|--|
| 1 Grilled Chicken Caesar Salad Black Bean Soup 1% Milk | 2 Panko-Crusted Pork Chop Wild Rice Asian Ginger Slaw 1% Milk | 3 Tuna Fish Salad Plate Lettuce and Tomato Lentil and Quinoa Salad Mixed Fruit, 1% Milk | Independence Day 4 CLOSED | 5 Shrimp Pad Thai Salad Asian Cucumber Salad Mandarin Oranges 1% Milk |
| 8 Fish and Chips Cole Slaw Tartar Sauce 1% Milk | 9 Chicken Salad Stuffed Tomatoes Potato Salad 1% Milk | 10 French Dip Sandwich, Fries Horseradish Mixed Fruit, 1% Milk | 11 Vegetable and Tofu Fried Rice Mandarin Oranges 1% Milk | 12 Grilled Chicken with Spinach, Pecans, and Feta Cheese Roll, 1% Milk |
| 15 Taco Salad with Corn Chips Pineapple 1% Milk | 16 Turkey Special Sweet Potato Bites Carolina Slaw 1% Milk | 17 Sausage with Peppers and Onions Roasted Potatoes Snap Peas, 1% Milk | 18 Grilled Cheese Tomato Soup Green Salad Apple, 1% Milk | 19 Baked Haddock Roasted Tomatoes Mac and Cheese Mixed Fruit, 1% Milk |
| 22 Paprika Chicken Green Beans Herb Brown Rice, Roll Sliced Peaches, 1% Milk | 23 Beef Burger with Lettuce and Tomato Fries, Watermelon 1% Milk | 24 Meatball Sub Sweet Potato Bites Mixed Fruit 1% Milk | 25 Pierogies with Onions and Mushrooms Green Salad 1% Milk | 26 Grilled Salmon Wild Rice Vegetable Soup Roll, 1% Milk |
| 29 Panko-Crusted Pork Chop Wild Rice Asian Ginger Slaw 1% Milk | 30 Tuna Fish Salad Plate Lettuce and Tomato Lentil and Quinoa Salad Mixed Fruit, 1% Milk | 31 Meatloaf with Mushroom Gravy, Garlic Mashed Potatoes, Green Beans, Sliced Peaches, 1% Milk |  | |

August 2019 | Menu for PEAK

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|--|--|---|
|  | |  | 1 Shrimp Pad Thai Salad Asian Cucumber Salad Mandarin Oranges 1% Milk | 2 Grilled Chicken Caesar Salad Black Bean Soup 1% Milk |
| 5 Chicken Salad Stuffed Tomatoes Potato Salad 1% Milk | 6 French Dip Sandwich, Fries Horseradish Mixed Fruit, 1% Milk | 7 Vegetable & Tofu Fried Rice Mandarin Oranges 1% Milk | 8 Grilled Chicken with Spinach, Pecans, and Feta Cheese Roll, 1% Milk | 9 Fish & Chips Cole Slaw Tartar Sauce 1% Milk |
| 12 Turkey Special Sweet Potato Bites Carolina Slaw 1% Milk | 13 Sausage with Peppers and Onions Roasted Potatoes Snap Peas, 1% Milk | 14 Grilled Cheese Tomato Soup Green Salad Apple, 1% Milk | 15 Baked Haddock Roasted Tomatoes Mac and Cheese Mixed Fruit, 1% Milk | 16 Taco Salad with Corn Chips Pineapple 1% Milk |
| 19 Beef Burger with Lettuce and Tomato Fries, Watermelon 1% Milk | 20 Meatball Sub Sweet Potato Bites Mixed Fruit 1% Milk | 21 Pierogies with Onions and Mushrooms Green Salad 1% Milk | 22 Grilled Salmon Wild Rice Vegetable Soup Roll, 1% Milk | 23 Paprika Chicken Green Beans Herb Brown Rice, Roll Sliced Peaches, 1% Milk |
| 26 Tuna Fish Salad Plate Lettuce and Tomato Lentil & Quinoa Salad Mixed Fruit, 1% Milk | 27 Meatloaf with Mushroom Gravy, Garlic Mashed Potatoes, Green Beans, Sliced Peaches, 1% Milk | 28 Shrimp Pad Thai Salad Asian Cucumber Slaw Mandarin Oranges 1% Milk | 29 Grilled Chicken Caesar Salad Black Bean Soup 1% Milk | 30 Panko-Crusted Pork Chop, Wild Rice Asian Ginger Slaw 1% Milk |