

August 2017
Blacktiecaterers
Lunch Menu

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<i>Anda Best</i> Dietitian-Nutritionist Cert.no.D01876	1	1Tuna Pasta 4oz Cole Slaw 4oz Mixed fruit 4oz Bread 2sl/ milk 8oz	2 Slice turkey 4oz Rice 4oz Peas 4oz Peaches 4oz Bread 2sl/ milk 8oz	3 Meatballs 3ea Mash potatoes 4oz Pineapple 4oz Bread 2sl/ milk 8oz	4 Chix salad 4oz Potato salad 4oz Oranges 4oz Bread 1sl/ milk 8oz	5
	7 Beef ravioli 4oz Carrots 4oz Peaches 4oz Bread 1sl/ milk 8oz	8 hamburger w/gravy 4oz Mash potatoes 4oz Pears 4 oz Bread 1sl/ milk 8oz	9 Chicken Teriyaki 2oz Suttase 4oz Mix Fruit 4oz Bread 2sl/ milk 8oz	10 chix tender 2 each Cheese potatoe 4oz Kale 4oz Pineapples 4oz Bread 2sl/ milk 8oz	11 Baked ziti 4oz Peas 4oz Oranges 4oz Bread 2sl/ milk 8oz	12
	14 Sloppy Joe 4oz Peas 4oz Pears 4oz Bread 2sl/ milk 8oz	15 Chix tenders 2 Spinach 4oz Peaches 4oz Bread 2sl/ milk 8oz	16 Deli sandwich 4oz Potatoes salad 4oz Oranges 1pi Bread 1sl/ milk 8oz	17 Beef patty 4oz Slice pot 4oz Mixed fruit 4oz Bread 2sl/ milk 8oz	18 Chix Nuggets 3 String beans 4oz Pineapples 4oz Bread 1sl/ milk 8oz	19
	21 Spaghetti meat4oz Kale Greens 4oz Pineapple 4oz Bread 1sl/ milk 8oz	22 Chicken Stir fry 4oz Rice gravy 4oz Strawberries 4oz Bread 2sl/ milk 8oz	23 Slice turkey wt stuffing 4oz Peas 4oz Pears4oz Bread 2sl/ milk 8oz	24 chicken patty 4oz Potato Tarts 4oz Applesauce 4oz Bread 1sl/ milk 8oz	25 Salisbury Steak 2oz Cole slaw 4oz Apples 4oz Bread 1sl/ milk 8oz	26
	28 Beeforoni 4oz Carrots 4oz Pears 4oz Bread 2sl/ milk 8oz	29 Turkey burger 4oz Mixed veggies 4oz Applesauce 4oz Bread 2sl/ milk 8oz	30 Baked Fish 4oz String Beans 4oz Oranges 4oz Bread 2sl/ milk 8oz	31 Baked chicken 4oz String beans 4oz Scallop pot 4oz Mixed Fruit 4oz Bread 1sl/ milk 8oz	Meals are served with two grain s offered with lunch daily either bun, 1 sliced bread with pasta/rice/ cracker or 2 slices of bread	blacktiecaterers 410-780-512 410-780-512