

AUGUST 2022 Menu Friedman JCC

Monday, August 1 Baked Breaded Fish, Rice Pilaf, Lettuce, Tomato, Cuc Salad, Dressing, Fruit

Tuesday, August 2 Blintzes with Fruit Topping, Sour Cream, Carrots, Fruit

Wednesday, August 3 Roasted Chicken, Potato Pancake, String Beans, Applesauce, Fruit

Thursday, August 4 Hamburger on a Bun, Lettuce Tomato, Corn Salad, Plain Potato Chips Fruit

Friday, August 5 Tuna Salad Wrap, Tomato and Lettuce, Chips, Fruit

Monday, August 8 Cheese and Vegetable Lasagna, Broccoli, Cauliflower, Carrot Medley, Fruit

Tuesday, August 9 Penne Bolognese, Peas and Carrots, Fruit

Wednesday, August 10 BBQ Chicken, Baked Potato, Zucchini, Cole Slaw, Fruit

Thursday, August 11 Fresh Baked Tilapia, Yellow Rice, String Beans, Fruit

Friday, August 12 Egg Salad on a Roll, Lettuce, Tomato, Potato Chips, Fruit

Monday, August 15 Pasta Primavera, Salad with Lettuce and Tomato, Dressing, Fruit

Tuesday, August 16 Meat Loaf, Mashed Potatoes, Gravy, Mixed Vegetables, Fruit

Wednesday, August 17, Lemon Chicken, Baked Sweet Potato, String Beans, Fruit

Thursday, August 18 Eggplant Parmesan, Pasta with Sauce, Mixed Vegetables, Fruit

 Friday August 19, Scoop of Tuna Fish Salad on Bed of Lettuce, Tomato and Cucumber, Dressing, Crackers, Chips, Fruit

Monday, August 22 Baked Ziti with Cheese and Sauce, Lettuce and Tomato Salad, Dressing, Fruit

Tuesday August 23 Chicken Club Sandwich on Toast, with Lettuce, Tomato, and Mayo, Carrot and Celery Sticks, Potato Chips, Fruit

Wednesday, August 24 Roasted Chicken, Whipped Potatoes, Peas and Carrots, Fruit

Thursday August 25, Plain Bagel, Cream Cheese, Lox, Lettuce, Tomato, Chips, and Fruit

Friday, August 26 2 Slices of Pizza, Tossed Salad, Dressing. Fruit

Monday, August 29 Chili Con Carne over Pasta, Lettuce, Tomato, Cuc Salad, Dressing, Fruit

Tuesday August 30 Baked Tilapia, Buttered Noodles, Red Beet Salad, Fruit

Wednesday, August 31 Roasted Chicken, Mashed Potatoes, Peas and Carrots, Fruit

RESERATIONS MUST BE MADE 1 WEEK IN ADVANCE!!!!!!