

Mizell Senior Center Menu August 2017

Monday	Tuesday	Wednesday	Thursday	Friday
July 31 Roast Pork Loin Scalloped Potatoes Carrots Wheat Roll Apple Sauce, Milk	1 Baked Ziti w/ Meat Balls & Red Peppers Broccoli Banana, Milk	2 Baked Herb Chicken Brown Rice Pilaf Corn & Bell Peppers Apple, Milk	3 Tuna Salad on Lettuce w/ Tomato & Cucumber Wheat Roll Orange, Milk	4 Chicken Enchilada Casserole Zucchini & Tomato Aztec Rice Milk & Juice
7 Teriyaki Chicken Chow Mein Noodles Asian Vegetables Hawaiian Roll Orange, Milk	8 Chili Cheese Dogs Over a Slice of Wheat Bread Tater Tots, Cole Slaw Apple Sauce, Milk	9 Baked Chicken Garden Rice Cauliflower Blend Wheat Roll Banana, Milk	10 Salisbury Steak Mashed Potatoes Mixed Vegetables Wheat Roll Diced Peaches, Milk	11 Baked Cod Rice Pilaf, Carrots Wheat Roll Tartar Sauce Milk & Juice
14 Chicken Alfredo Egg Noodles Broccoli Wheat Roll Grapes, Milk	15 Hamburger Lettuce, Tomato Tater Tots Coleslaw Banana, Milk	16 Spaghetti w/Meat Sauce Green Beans Garlic Bread Mandarin Orange	17 Chicken Enchilada Verde Sauce Tomato, Zucchini Aztec Rice Apple Sauce, Milk	18 Turkey Sandwich on Wheat Bread Lettuce, Tomato Broccoli Salad Milk & Juice
21 Cheese Ravioli Alfredo Sauce Winter Vegetables Garlic Bread Cake, Milk	22 Oven Fried Chicken, Gravy Mashed Potatoes Collard Greens, Roll Apple, Milk	23 Zucchini Frittata Broccoli Wheat Roll Diced Peaches Milk	24 Beef Tamales Red Sauce Carrots Black Beans, Rice Orange Milk	25 Chicken Caesar Salad, H.B. Egg Tomato Wheat Roll Milk & Juice
28 Swedish Meatballs Egg Noodles Broccoli Apple Sauce, Milk	29 Beef Enchiladas Red Sauce Black Beans & Zucchini Aztec Rice Orange, Milk	30 Roast Turkey Stuffing, Gravy Sweet Potatoes Green Beans Mandarin Orange, Milk	31 Meat Loaf Scalloped Potato Vegetable Blend Wheat Roll Banana, Milk	Sept. 1st Baked Cod Garden Rice Carrots Wheat Roll Milk & Juice

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Lunes	Martes	Miercoles	Jueves	Viernes
Julio 31 Lomo Rostizado Papas Gratinadas Zanahoria Panecillo Integral Pure Manzana, Leche	1 Ziti al Horno c/ Albondigas Pimiento Rojo Broccoli Banana, Leche	2 Pollo al Horno Arroz Integral Pilaf Elote Y Chile Campana Manzana, Leche	3 Ensalada de Tuna en Lechuga c/Tomate y Pepino Panecillo Integral Orange, Leche	4 Caserola de Enchiladas de Pollo Calabacitas y Tomate Arroz Azteca Leche Y Jugo
7 Pollo Teriyaki Fideos Chowmein Vegetal estilo Asiatico Panecillo Hawaiiiano Naranja, Leche	8 Chili Cheese Dogs Sobre Pan Integral Barriles de Papa Ensalada de Col Pure de Manzana, Leche	9 Pollo Horneado Arroz de Jardin Mezcla de Coliflor Panecillo Integral Banana, Leche	10 Filete Salisbury Pure de Papas Vegetal Mixto Panecillo Integral Durazno Picado, Leche	11 Bacalao al Horno Arroz Pilaf, Zanahoria Panecillo Integral Salsa Tartar Leche Y Jugo
14 Pollo Alfredo Fideos de Huevo Broccoli Panecillo Integral Uvas, Leche	15 Hamburguesa Lechuga y Tomate Barriles de Papa Ensalada de Col Banana, Leche	16 Spaghetti c/Salsa de Carne Judias Verdes Pan de Ajo Mangarinas, Leche	17 Enchiladas en Salsa Verde de Pollo Tomate Y Calabacitas Arroz Azteca Pure de Manzana, Leche	18 Sanguich de Pavo en Pan Integral Lechuga y Tomate Ensalada de Broccoli Leche Y Jugo
21 Ravioli de Queso en Salsa Alfredo Verduras de Invierno Pan de Ajo Pastel, Leche	22 Pollo Frito al Horno Gravy y Pure de Papas Collard Greens, Panecillo Integral Manzana, Leche	23 Zucchini Frittata Broccoli Panecillo Integral Durazno Picado Leche	24 Tamales de Res Salsa Roja Zanahoria, Arroz Frijol Negro Naranja, Leche	25 Ensalada de Pollo al Caesar, Huevo Hervido Tomate Panecillo Integral Leche Y Jugo
28 Ablondigas Suecas Fideos de Huevo Broccoli Pure de Manzana, Leche	29 Enchiladas Rojas de Res Frijol Negro Calabacitas Arroz Azteca Naranja, Leche	30 Pavo Asado Relleno Y Gravy Patatas Dulces Judias Verdes Mangarinas, Leche	31 Pastel de Carne de Res Papas Gratinadas Mezcla Vegetal Panecillo Integral Banana, Leche	Sept. 1^{ro} Bacalao al Horno Arroz de Jardin Zanahoria Panecillo Integral Leche Y Jugo