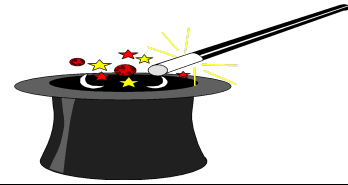


Meal Magic

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This is your suggested menu for August. Please choose a total of 30 meals. You may change vegetables or potatoes to suit your preferences. LIMIT 12 per meal.

AUGUST Choose: Regular Salt/ Low Salt / No Salt / extra soft/ diabetic

- 3 or 6 Chicken Cordon Bleu (*Ham and cheese inside a lightly breaded breast*)
Plain Baked Potato
Mixed Vegetable
- 3 or 6 Boneless Chicken Breast Strips
Sweet Potatoes – Sweetened Canned OR Plain Baked
Green Beans: Frozen OR Canned OR Soft
- 3 or 6 High Protein Smoothie (Choose Strawberry OR Mango-Banana)
Coffee Cake (Contains Chopped Nuts)
- 3 or 6 Potato Soup
Ham and Cheddar on Whole Wheat Bread
- 3 or 6 Shredded Pork Roast
Rice with Colby Cheese OR Plain Rice
Frozen Peas
- 3 or 6 Pizza – choose Pepperoni OR Cheese OR One of Each
Applesauce: Choose Regular OR Unsweetened
- 3 or 6 Bowtie Pasta with Pesto and Chicken Breast
Baby Carrots
- 3 or 6 Meatloaf with topping
Mashed Potatoes
Corn choice: Frozen OR Canned OR Creamed