



# AUGUST

## LIFE BRIDGE CONGREGATE

**MONDAY****TUESDAY****WEDNESDAY****THURSDAY****FRIDAY**

**Nourishment through  
compassionate care.**

**1**

|                                                                                                  |       |
|--------------------------------------------------------------------------------------------------|-------|
| <b>Greek Chicken Salad</b><br>(Mixed Greens, Tomatoes,<br>Olives, Feta Cheese, Diced<br>Chicken) | 1 ½ c |
| Kidney Bean Salad                                                                                | 1/2 c |
| Italian Bread                                                                                    | 1 slc |
| Seasonal Fruit                                                                                   | 1 ea  |
| Milk                                                                                             | 8 oz  |
| Margarine                                                                                        | 1 ea  |
| Italian Dressing                                                                                 | 2 pkt |

**4**

|                                                   |       |
|---------------------------------------------------|-------|
| Beef/Chicken Meatballs<br>(0.5 oz) w/Tomato Sauce | 6 ea  |
| Penne Pasta                                       | 1/2 c |
| California Vegetables                             | 1/2 c |
| Italian Bread                                     | 1 slc |
| Mixed Fruit                                       | 1/2 c |
| Milk                                              | 8 oz  |
| Margarine                                         | 1 ea  |

**5**

|                                   |       |
|-----------------------------------|-------|
| King Ranch Chicken Leg<br>Quarter | 1 ea  |
| Brown Rice                        | 1/2 c |
| Green Beans                       | 1/2 c |
| WG Dinner Roll                    | 1 ea  |
| Seasonal Fruit                    | 1 ea  |
| Milk                              | 8 oz  |
| Margarine                         | 1 ea  |

**6**

|                       |       |
|-----------------------|-------|
| Spinach Quiche        | 1 sic |
| Oven Roasted Potatoes | 1/2 c |
| Tossed Salad          | 1/2 c |
| Wheat Bread           | 1 slc |
| Applesauce            | 1/2 c |
| Milk                  | 8 oz  |
| Margarine             | 1 ea  |
| Italian Dressing      | 1pkt  |

**7**

|                                                                        |       |
|------------------------------------------------------------------------|-------|
| <b>Taco Salad</b><br>(Lettuce, Tomato, Ground Beef,<br>Cheddar Cheese) | 1 ½ c |
| Black Bean & Corn Salad                                                | 1/2 c |
| Tortilla Chips                                                         | 1 oz  |
| Pineapple Tidbits                                                      | 1 ea  |
| Milk                                                                   | 8 oz  |
| Ranch Dressing                                                         | 2 pkt |

**8**

|                                      |       |
|--------------------------------------|-------|
| Minestrone Soup                      | 6 oz  |
| Diced Chicken w/Pesto<br>Cream Sauce | 3 oz  |
| Zucchini                             | 1/2 c |
| WG Dinner Roll                       | 1 ea  |
| Fudge Brownie                        | 1 ea  |
| Assorted Fruit Juice                 | 4 oz  |
| Milk                                 | 8 oz  |
| Margarine                            | 1 ea  |
| Saltine Crackers                     | 1 pkt |

**11**

|                   |       |
|-------------------|-------|
| Hamburger Patty   | 1 ea  |
| American Cheese   | 1 slc |
| Crinkle Cut Fries | 1/2 c |
| Broccoli Florets  | 1/2 c |
| WG Hamburger Bun  | 1 ea  |
| Seasonal Fruit    | 1 ea  |
| Milk              | 8 oz  |
| Ketchup           | 1 ea  |

**12**

|                                   |       |
|-----------------------------------|-------|
| Tropical Glazed Chicken<br>Breast | 1 ea  |
| Confetti Brown Rice               | 1/2 c |
| Green Beans                       | 1/2 c |
| Wheat Bread                       | 1 slc |
| Lorna Doones                      | 1 pkt |
| Assorted Fruit Juice              | 4 oz  |
| Milk                              | 8 oz  |
| Margarine                         | 1 ea  |

**13**

|                          |       |
|--------------------------|-------|
| Beef Spaghetti Casserole | 3/4 c |
| Green Peas               | 1/2 c |
| Tossed Salad             | 1/2 c |
| White Bread              | 1 slc |
| Seasonal Fruit           | 1 ea  |
| Milk                     | 8 oz  |
| Margarine                | 1 ea  |
| Italian Dressing         | 1 pkt |

**14**

|                                                                                           |       |
|-------------------------------------------------------------------------------------------|-------|
| Potato Soup                                                                               | 6 oz  |
| <b>Chef Salad</b><br>(Lettuce, Tomatoes, Carrots,<br>Ham, Turkey ,Egg, Cheddar<br>Cheese) | 1 ½ c |
| Cornbread Muffin                                                                          | 1 ea  |
| Mandarin Oranges                                                                          | 1/2 c |
| Milk                                                                                      | 8 oz  |
| Margarine                                                                                 | 1 ea  |
| Ranch Dressing                                                                            | 2 pkt |
| Saltine Crackers                                                                          | 1 pkt |

**15**

|                         |       |
|-------------------------|-------|
| BBQ Chicken Leg Quarter | 1 ea  |
| Macaroni & Cheese       | 1/2 c |
| Coleslaw                | 1/2 c |
| WG Dinner Roll          | 1 slc |
| Applesauce              | 1/2 c |
| Milk                    | 8 oz  |
| Margarine               | 1 ea  |

**18**

|                        |       |
|------------------------|-------|
| Potato Crusted Pollock | 1 ea  |
| Potato Tots            | 1/2 c |
| Broccoli Florets       | 1/2 c |
| Wheat Bread            | 1 slc |
| Pineapple Tidbits      | 1/2 c |
| Milk                   | 8 oz  |
| Margarine              | 1 ea  |
| Tartar Sauce           | 1 ea  |

**19**

|                              |       |
|------------------------------|-------|
| Puttanesca Chicken<br>Breast | 1 ea  |
| Lemon Orzo                   | 1/2 c |
| Tossed Salad                 | 1/2 c |
| Italian Bread                | 1 slc |
| Seasonal Fruit               | 1 ea  |
| Milk                         | 8 oz  |
| Margarine                    | 1 ea  |
| Ranch Dressing               | 1 ea  |

**20**

|                               |       |
|-------------------------------|-------|
| Pork Rib Patty w/BBQ<br>Sauce | 1 ea  |
| Baked Pinto Beans             | 1/2 c |
| Confetti Coleslaw             | 1/2 c |
| WG Hamburger Bun              | 1 ea  |
| Seasonal Fruit                | 1 ea  |
| Milk                          | 8 oz  |

**21**

|                                   |       |
|-----------------------------------|-------|
| Stuffed Shells w/Alfredo<br>Sauce | 2 ea  |
| Lima Beans                        | 1/2 c |
| Ratatouille Vegetables            | 1/2 c |
| White Bread                       | 1 slc |
| Seasonal Fruit                    | 1 ea  |
| Milk                              | 8 oz  |
| Margarine                         | 1 ea  |

**22**

|                    |       |
|--------------------|-------|
| Chicken Fajitas    | 1/2 c |
| Cilantro Lime Rice | 1/2 c |
| Mexican Corn       | 1/2 c |
| Flour Tortilla     | 1 ea  |
| Mandarin Oranges   | 1/2 c |
| Milk               | 8 oz  |
| Sour Cream         | 1 ea  |

**25**

|                                      |       |
|--------------------------------------|-------|
| Chicken Breast<br>w/Dijonnaise Sauce | 3 oz  |
| Mashed Yams                          | 1/2 c |
| Lima Beans                           | 1/2 c |
| Wheat Bread                          | 1 slc |
| Seasonal Fruit                       | 1 ea  |
| Milk                                 | 8 oz  |
| Margarine                            | 1 ea  |

**26**

|                   |       |
|-------------------|-------|
| Macaroni & Cheese | 1 c   |
| Baked Beans       | 1/2 c |
| Cabbage           | 1/2 c |
| White Bread       | 1 slc |
| Diced Pears       | 1/2 c |
| Milk              | 8 oz  |
| Margarine         | 1 ea  |

**27**

|                       |       |
|-----------------------|-------|
| Hamburger Paty        | 1 ea  |
| Swiss Cheese          | 1 slc |
| Oven Roasted Potatoes | 1/2 c |
| Cucumber Salad        | 1/2 c |
| WG Hamburger Bun      | 1 ea  |
| Seasonal Fruit        | 1 ea  |
| Milk                  | 8 oz  |
| Margarine             | 1 ea  |

**28 - Labor Day**

|                       |       |
|-----------------------|-------|
| Chili Hot Dog         | 1 ea  |
| Potato Tots           | 1/2 c |
| Broccoli Salad        | 1/2 c |
| WG Hot Dog Bun        | 1 ea  |
| Assorted Fruit Juice  | 4 oz  |
| Chocolate Chip Cookie | 1 ea  |
| Milk                  | 8 oz  |

**29**

|                                                                                              |       |
|----------------------------------------------------------------------------------------------|-------|
| Mushroom Barley Soup                                                                         | 6 oz  |
| <b>Cobb Salad</b><br>(Lettuce, Tomatoes, Cucumbers,<br>Turkey Bacon, Egg, Cheddar<br>Cheese) | 1 ½ c |
| Multigrain Bread                                                                             | 1 slc |
| Oatmeal Cookie                                                                               | 1 ea  |
| Assorted Fruit Juice                                                                         | 4 oz  |
| Milk                                                                                         | 8 oz  |
| Margarine                                                                                    | 1 ea  |
| Ranch Dressing                                                                               | 2 pkt |