

CAFÉ MENU AUGUST

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Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
				Red Beans & Rice w/ Beef or Veg Beef	Almond Crusted Sole Mushroom Patty	Ravioli with Breadsticks
4	5	6	7	8	9	10
Stuffed Peppers	Sesame Chicken Sesame Chik	Lasagna w/ Breadsticks	Meat Loaf Veggie Meat Balls w/ Roasted Vegetables	Stuffed Chicken Baked Chik or Vegan Saute	Rainbow Trout Macaroni & Cheese	Chicken Yellow Curry Veggie Curry (Mild/ No Spice)
11	12	13	14	15	16	17
Chicken Bento Tofu Bento	Spanish Rice Casserole	Haystacks	Hamburger Casserole Crumble Casserole	Eggplant Parmesean Chicken Parmesean	Salmon Walnut Patty	Vegetarian Loaf Pot Roast
18	19	20	21	22	23	24
Soft Tacos w/ Guacamole & Home made Salsa	Spinach Tomato Tortellini	Sausage Bar Beef or Veggie	Chicken Casserole Veggie Protein Casserole	Stuffed Yams OR Plain Baked Yams	Baked Cod Lentil Patty	Summer Stir Fry Beef or Cashew
25	26	27	28	29	30	31
Meat Balls Falafel With Rice & Sauce	Cajun Chicken Pasta Cajun Chik Pasta	Haystacks	Fried Chicken Fried Chick w/ Mashed Potatoes & Gravy	Chicken Dal Bhat Dal Bhat with Veggies	Seafood Gumbo Veggie Gumbo	Spaghetti w/ Bread