

August 2026 Congregate Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
3 Chicken Parmesan Penne Pasta Brussels Sprouts Orange	4 Roasted Beef Mashed Potatoes Mixed Vegetables Apple	5 Pork Carnitas Spanish Rice Baja Vegetables Banana	6 Beef Picadillo Sweet Potatoes Corn Pear	7 Chicken Salad Sandwich Carrot Raisin Salad Mandarin Oranges
10 Chicken Stir Fry Steamed Rice Cabbage Apple	11 Meatballs with Pesto Sauce Spaghetti Capri Vegetables Orange	12 Chicken Orzo Spinach Salad Wheat Roll Pineapple	13 BBQ Pull Pork Sweet Potatoes Brussels Sprouts Banana	14 Chef's Salad Turkey, Egg, Cheese, Tomato Wheat Roll Orange
17 Chicken Alfredo Penne Pasta Broccoli Pear	18 Salisbury Steak Mashed Potatoes Peas & Carrots Apple	19 Mandarin Chicken Salad Mandarin Oranges Wheat Roll	20 Sweet & Sour Pork Chop Roasted Sweet Potatoes Asian Vegetables Blend Banana	21 Tuna Sandwich Cucumber Salad Pineapple
24 Chicken Fajitas Black Beans Baja Vegetables Pear	25 Roasted Turkey Mashed Potatoes Capri Vegetables Apple	26 Chicken Caesar Salad Wheat Roll Pineapple Tidbits	27 Sweet & Sour Meatballs Brown Rice Cauliflower Banana	28 Egg Salad Sandwich Baby Carrots Orange
31 Lemon Oregano Chicken Couscous Steamed Spinach Pear				

Milk served at every meal

 Indicates sodium above 1,000mg per meal

Menus may be subject to change

If you have any questions regarding the meal or service, please contact **Sodexo at 951-877-5950**.

If you have any questions for our Registered Dietitian, please contact Vanh Bender at Vanh@healthylivingconsulting.net.

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sodexo**

