



# August 2019



## Solon Retirement Village Lunch Menu

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p><i>Choice of Beverages including: -Coffee, Tea, Milk, Fruit Juice -Bread and Butter -Menu Alternatives Always Available</i></p> <p><i>For more available options, please ask to see our Ala Carte menu!</i></p> <p><i>Enjoy!</i></p>				<p>1</p> <p>Roast Beef Mashed Potatoes Asparagus Bread Basket Berry Cheese Cake Alt Pork Chops Parsley Carrots</p>	<p>2</p> <p>Baked Pollock with Pesto Sauce Pasta Alfredo Vegetable Blend Garlic Bread Candy Bar Cake Alt Meatloaf Mashed Potatoes</p>	<p>3</p> <p>Baked Ham Fried Potatoes Broccoli Ranch Salad Bread Basket Seasonal Fresh Fruit Alt Grilled Chicken Sandwich Pea Salad</p>
<p>4</p> <p>Country Fried Steak Mashed Potatoes Dilled Carrots Dinner Roll Strawberry Rhubarb Pie Alt Roast Turkey Vegetable Blend</p>	<p>5</p> <p>Patty Melt Onion Rings Creamy Cucumber Salad Banana Gelatin Alt Baked Pork Chop Mashed Potatoes</p>	<p>6</p> <p>Grilled Marinated Chicken Breast w/Fruit Salad Roasted Red Potatoes Green Beans Bread Basket Brownie Sundae Alt Country Style Ribs Baked Sweet Potatoes</p>	<p>7</p> <p>Cavatelli Tossed Greens Garlic Toast Spumoni Ice Cream Alt Smoke Sausage Fried Potatoes</p>	<p>8</p> <p>Roast Pork Mashed Potatoes Peas and Carrots Bread Basket Fruit Pizza Alt Meatballs with Gravy Parley Noodles</p>	<p>9</p> <p>Herb Baked Fish Wild Rice Stuffing Vegetable Blend Lemon Cake Alt Philly Steak Sandwich Potato Chips</p>	<p>10</p> <p>Beef and Noodles Pickle Plate Tossed Greens Bread Basket Seasonal Fresh Fruit Alt Baked Ham Hash brown Casserole</p>
<p>11</p> <p>Fried Chicken Mashed Potatoes Creamy Coleslaw Dinner Roll Blueberry Pie Alt Roast Pork Peas</p>	<p>12</p> <p>Spaghetti and Meatballs Tossed Greens Garlic Toast Triple Fudge Brownie Alt Breaded Fish Fillet Cheesy Mashed Potatoes</p>	<p>13</p> <p>Caribbean Pork Chop Baked Sweet Potato Malibu Blend Vegetable Bread Basket Peach Melba Trifle Alt Herb Baked Chicken Asparagus</p>	<p>14</p> <p>*</p> <p>Smothered Chicken Garden Rice Broccoli Bread Basket Cherry Chocolate Crisp Alt Swiss Steak w/ Tomatoes Mashed Potatoes</p>	<p>15</p> <p>*</p> <p>Open Face Hot Beef Sandwich Mashed Potatoes Lemon Glazed Carrots Strawberry Slab Pie Alt Baked Ham Herb Stuffing</p>	<p>16</p> <p>Battered Rock Fish Fried Potatoes Savory Green Beans Bread Basket Tropical Upside Down Cake Alt Beef Tacos Shredded Lettuce/Tomato Sour Cream/Salsa</p>	<p>17</p> <p>Smoked Maple Ribs Potato Salad Baked Beans Seasonal Fresh Fruit Alt Cottage Cheese and Fresh Fruit Plate Crackers</p>
<p>18</p> <p>Beef Pot Roast Roasted Potatoes/Carrots/ Onions Dinner Roll Pie Alt Chicken Kiev Rice Pilaf</p>	<p>19</p> <p>BLT Sandwich Macaroni and Cheese Pea Salad Fresh Melon Cup Alt Baked Pork Chop Mashed Potatoes</p>	<p>20</p> <p>Honey Mustard Chicken Mashed Potatoes Asparagus w/ Bacon Bread Basket Yellow Cake with Strawberries Alt Glazed Ham Vegetable Blend</p>	<p>21</p> <p>BBQ Meatloaf Potato Salad Capri Blend Vegetable Cream Puff Dessert Alt Herbed Pork Loin Baked Sweet Potato</p>	<p>22</p> <p>Greek Pork Chop Feta Pasta Salad Broccoli Garlic Toast Cherry Fluff Alt Beef Taco Salad w/ Doritos</p>	<p>23</p> <p>Salmon with Lemon Sauce Dilled Rice Cauliflower Au Gratin Bread Basket Seasonal Fresh Fruit Alt Beef Steak with Gravy Mashed Potatoes</p>	<p>24</p> <p>Chicken Fajita Pasta Bake Corn Bread Basket Key Lime Tart Alt Loaded Baked Potato w/ Ham and Broccoli</p>
<p>25</p> <p>Bacon Wrapped Pork Loin Baked Sweet Potato Peas Dinner Rolls Cream Pie Alt Breaded Chicken Breast Country Gravy Mashed Potatoes and Gravy</p>	<p>26</p> <p>Lemon Pepper Tilapia Fillet Long Grain Wild Rice Parsley Carrots Triple Berry Buckle Alt Boneless Country Ribs Fried Potatoes</p>	<p>27</p> <p>Swiss Steak w/ Tomato Mashed Potatoes Corn Bread Basket French Silk Dessert Alt Roast Turkey Asparagus</p>	<p>28</p> <p>Chicken Kiev Herb Stuffing Malibu Blend Vegetable Seasonal Fresh Fruit Alt Pork Chop Mashed Potatoes</p>	<p>29</p> <p>Maple Glazed Ham w/ Pineapple Sauce Baked Potato Green Beans Bread Basket Very Berry Gelatin Alt Beef and Noodles Parsley Cauliflower</p>	<p>30</p> <p>Herb Baked Chicken Mashed Potatoes Capri Blend Vegetable Bread Basket Heath Bar Blondie Alt Breaded Fish Fillet Vegetable Blend</p>	<p>31</p> <p>Honey Garlic Meatballs Scalloped Potatoes Pickled Beets Bread Basket Seasonal Fresh Fruit Alt Pulled Pork on a Bun Creamy Coleslaw</p>