

508-852-3205

Ext. 290

AUGUST 2026

ESWA Nutrition Program

www.eswa.org

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Vegetable Cheese Bake Seasoned Potatoes Green Beans Fresh Fruit Whole Wheat Bread	4 Ranch Chicken Veggie Couscous Spinach Rice Krispy Treat Pumpnickel Bread	5 Hot Dog on Bun Baked Beans Coleslaw Baked Apples Mustard	6 Braised Beef Mashed Potatoes Green Beans Blueberry Streusel Cake Diet = Cookies Italian Bread	7 Jambalaya Rice Pilaf Mixed Vegetables Mandarin Oranges Marble Rye Bread
10 American Chop Suey Broccoli & Carrots Corn Dinner Roll Lorna Doone Cookies	11 Burger w/Onion & Peppers Pasta Salad Sweet Potato Fries Fresh Fruit Sandwich Roll	12 Chicken Picatta Lemon Seasoned Rice Jardiniere Blend Veg Fruited Ambrosia Pumpnickel Bread	13 Baked Potato w/ Chili & Cheese Sour Cream Broccoli Chocolate Mousse Whole Wheat Bread	14 Burgundy Pork Garlic Mashed Potatoes Glazed Carrots Peaches Italian Vienna Bread
17 Shepherd's Pie Peas & Carrots Baked Apples Biscuit	18 Greek Chicken Pasta Broccoli Brownie Diet=Cookies Pumpnickel Bread	19 Meatloaf with Gravy Garlic Mashed Potatoes Summer Blend Veg. Tropical Fruit Whole Wheat Bread	20 Turkey with Supreme Sauce Cranberry Stuffing Green Beans Fresh Fruit Dinner Roll	21 White Bean Chicken Chili Brown Rice Corn Fruited Ambrosia Marble Rye Bread
24 Fritatta Stewed Tomatoes O'Brien Potatoes Yogurt Pumpnickel Bread	25 Teriyaki Beef Steamed Rice Roasted Broccoli Pineapple Fortune Cookie Whole Wheat Bread	26 Ham & Cheese Chicken Bake Red Bliss Potatoes Scandinavian Vegetables Fresh Fruit Dinner Roll	27 Salisbury Steak w/Gravy Garlic Mashed Potatoes Herbed Carrots Birthday Cake Diet = Half Piece Sandwich Roll	28 Lemon Pepper Fish Rice Pilaf Mixed Vegetables Mixed Fruit Marble Rye Bread Tartar Sauce
31 Macaroni & Cheese Stewed Tomatoes Green Beans Peaches Italian Bread	 <u>MENU SUBJECT TO CHANGE</u> <i>Your \$3.00 Donation is Appreciated!</i> 			