



**Pondera Medical Center**

# AUGUST 2010



Call the kitchen with meal requests by  
10:30am. Dial 237 or 271-2236.



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 Meatloaf Mashed potatoes Brown gravy Vegetable Blend	2 Chicken pot pie Broccoli & Cauliflower Wheat roll	3 Dill Salmon Rice Pilaf Peas & Onions	4 Spaghetti w/ Meat sauce Italian Vegetables Garlic Bread	5 Glazed Ham Loaf Sweet potatoes Green & Gold beans Croissant	6 Crab Cake Cocktail Sauce Potato Cubes Corn	7 Roast Beef Mashed potatoes Brown Gravy Chef Cut Vegetables
8 Roast Turkey Cornbread Stuffing Cauliflower w/ red peppers Dinner roll	9 Pork Chop Boiled potatoes Candied Carrots	10 Parmesan Chicken Orzo Pasta Stewed Tomatoes	11 Baked Fish Navy Beans Buttered Beets Wheat Roll	12 Meatloaf Mashed potatoes Gravy Country Blend Vegetables	13 Chili Cornbread Tossed Salad	14 Herbed Pork Loin Au Gratin Potatoes Peas & Onions
15 Pot Roast Celery & Carrots Potatoes & Onions Dinner roll	16 Lemon Herb Fish Wild Rice Dill Green Beans Breadstick	17 Salisbury Steak Mashed potatoes Oriental Vegetables	18 Crunchy Ranch Chicken Poultry Gravy Mashed potatoes Tomatoes & Zucchini	19 Spaghetti w/ Meatballs Garlic Bread Italian Vegetables	20 Ham & Beans Buttermilk Biscuit Tossed Salad	21 Fried Shrimp Cocktail Sauce Rice Pilaf Carrots
22 Roast Beef Baked Potato Sour Cream Asparagus	23 Creole Pork Steak Orzo Pasta Corn	<i>Resident Pick</i> 24 Liver & Onions Mashed potatoes Asparagus	25 Glazed Ham Potato Medley Key Largo Blend Vegetables	26 Macaroni & Cheese Baked tomatoes Wheat roll	27 Hot turkey sandwich Poultry gravy Mashed potatoes Mixed vegetables	28 Stuffed Salmon Buttered noodles Broccoli
29 Swiss Steak with tomatoes Baked potatoes Sour cream Italian Vegetables	30 Fried Shrimp Cocktail Sauce Creamed Corn Macaroni Salad	31 Herb Pork Loin Potato Medley Key Largo Vegetables				

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