

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

August 2020

THE JOHN CLARKE RETIREMENT CENTER

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												Lasagna	1
												BBQ Ribs	
												Tossed Salad w/ Ranch	
												Green Beans	
												Garlic Bread	
												Chocolate Cake	
Stuffed Chicken	2	Roast Turkey	3	Baked Stuffed	4	Fried Chicken	5	Braised Short Rib	6	Baked Fish	7	Sweet & Sour	8
Baked Salmon		Liver & Onions		Sole		Salisbury Steak w/		Smothered Pork Loin		Beef Pot Pie		Chicken	
Scalloped Potatoes		Stuffing		Chicken Rondolet		Mushroom Gravy		Mashed Potatoes		Baked Potato		Stuffed Shells	
Green Beans or Peas &		Peas or Broccoli		Roasted Potatoes		Pasta Salad		Tossed Salad		Mixed Vegetable or		Rice	
Carrots		Mississippi Mud Pie		Zucchini or Beets		Green Beans or Corn		Cauliflower		Yellow Squash		Green Beans	
Dinner Roll		Diet Chocolate Cake		Blueberry Pie		Coffee Ice Cream		Banana Pudding		Fresh Fruit		Mixed Vegetable	
Ice Cream Sundae				Fresh Fruit		Diet Ice Cream		Parfait				Peach Cobbler	
Diet Ice Cream								Banana Pudding				Peaches	
Yankee Pot Roast	9	Lasagna	10	Chicken Pot Pie	11	Pulled Pork Sandwich	12	Stuffed	13	Fish & Chips	14	Hot Roast Beef	15
Lamb Steak		Baked Fish w/ Dill		Smothered Pork		Chef Salad		Peppers		Chicken Rondolet		Torpedo	
Mashed Potatoes		Sauce		Chops		Black Beans & Rice		Salisbury Steak		Cole Slaw		Manicotti	
Carrots or Peas		Garlic Bread		Tossed Salad w/ Italian		Green Beans or Peas		Roasted Potatoes		Zucchini		Tator Tots	
Dinner Roll		Zucchini or Corn		Broccoli		Cookies & Cream Ice		Carrots or Corn		Apple Pie		Mixed Vegies or	
Ice Cream Sundae		Fruited Jello		Dinner Roll		Cream		Spice Cake w/		Diet Pudding		Green Beans	
Diet Ice Cream		Diet Fruited Jello		Strawberry Shortcake		Diet Ice Cream		Icing				Peach Shortcake	
Baked Ham w/	16	Baked Fish	17	Stuffed Pork	18	BBQ Chicken Sloppy	19	Spaghetti &	20	Tuna or	21	Swedish	22
Maple Glaze		Salisbury Steak		Loin		Joe		Meatballs		Chicken Salad on		Meatballs	
Lamb Steak		Baked Potato		Chicken Nuggets		Hot Dog in Pastry		Veal Pattie		Croissant		Hot Dog	
Au Gratin Potatoes		Butternut Squash		Oven Roast		Potato Salad		Mashed Potatoes		Pasta Salad		Egg noodles	
Green Beans or		Sliced Tomato		Potatoes		Cole Slaw		Tossed Salad		3 Bean Salad		Green Beans	
Cauliflower		Lemon Square		Peas & Onions		Wax Beans		Broccoli		Lettuce & Tomato		Cole Slaw	
Dinner Roll		Diet Lemon		Glazed Carrots		Dinner Roll		Garlic Bread		Fresh Fruit		Chocolate Chip Cookie	
Ice Cream Sundae				Peach Cobbler		Vanilla Ice Cream		Gingerbread w/ Topping					
Diet Ice Cream								Angel Food Cake					
Roast Turkey	23	Stuffed Peppers	24	Corned Beef &	25	Stuffed Chicken	26	Baked Ham w/	27	Baked Salmon	28	Hot Dog On Bun	29
Baked Fish		Veal Pattie		Cabbage		Salisbury Steak		Pineapple		w/ Dill Sauce		Cheeseburger	
Stuffing		Tossed Salad		Chicken Breast		Baked Potato		Fried Flounder		Pork Rib		Baked Beans	
Carrots or Peas		Green Beans Mashed		Boiled Potatoes		Peas & Onions		Sweet Potato		White Rice		Cole Slaw	
Dinner Roll		Potatoes		Carrots or Wax		Spinach		Summer Squash		Green Beans		Wax Beans	
Ice Cream Sundae		Strawberry Shortcake		Beans		Chocolate Ice Cream		Corn		Cauliflower		Yellow Cake w/	
Diet Ice Cream		Angel Cake w/		Jello Parfait		Diet Ice Cream		Chocolate Cream Pie		Cherry Pie		Chocolate Frosting	
		Strawberries						Diet Apricots		Diet Cherries		Diet Peaches	
Roast Beef w/	30	Chicken Cacciatore	31										
Gravy		over Pasta											
Baked Stuffed Fish		Braised Pork Chop											
Herb Roasted		Tossed Salad											
Potatoes		Scallop Potatoes											
Green Beans or Corn		Broccoli											
Dinner Roll		Pineapple Upside Down											
Ice Cream Sundae		Cake											
		Pineapple w/ Topping											

LUNCH MENU

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