



August 2022



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Pork Stir Fry with Vegetables Brown Rice with Pigeon Peas Green Bean Sautee	2 Tomatoe Sauce (pre-prepared) (1/2 cup) Turkey Meatballs with Spaghetti Winter Blend Vegetables	3 Chicken Cacciatore Homemade Mashed Potatoes California Blend Vegetables	4 Vegetable Ratatouille White Rice Roasted Brussels Sprouts	5 Baked Fish with Lemon Garlic Butter Sauce Orzo with Vegetables Zucchini and Tomatloe	6 Boars Head No Salt Added Oven Roasted Turkey Breast Swiss Cheese Mexican Corn Confetti Salad
8 Spaghetti With Turkey Meat Sauce Baby Carrots with Parsley Broccoli & Red Peppers	9 BBQ Pulled Pork Polenta California Blend Vegetables	10 Pesto Pasta with Broccoli Green Bean Saute Steamed Cauliflower	11 Beef Pot Roast with Mushrooms Brussel Sprouts Homemade Mashed Potatoes	12 Baked Marinated Fish Orzo with Vegetables Sauteed Spinach	13 Boars Head No Salt Added Oven Roasted Turkey Breast Swiss Cheese Beet Salad & Carrot Salad
15 Cheese Ravioli Tomatoe Sauce (pre-prepared) (1/2 cup) Brussel Sprouts & Steamed Carrots Corn & Red Peppers	16 Breaded Pork Loin Homemade Mashed Potatoes Zucchini & Tomatoes	17 Beef Stir Fry Egg Noodles Broccoli & Red Peppers	18 BBQ Chicken Leg Quarters Yellow Rice Braised Collard Greens	19 Baked Breaded Fish Fillets Cous Cous Green Bean Sautee	20 Chicken Salad Cole Slaw Mexican Corn Confetti Salad
22 Homemade Hamburger Baked Beans Corn & Red Peppers	23 Turkey Meatloaf with Mushroom Gravy Home Made Mashed Potatoes California Blend Vegetables	24 Baked Macaroni & Cheese Baby Carrots with Parsley & Collard Greens	25 Italian Roast Chicken Brown Rice with Pigeon Peas & Green Bean Sautee	26 Baked Fish with Cream Sauce Cous Cous Zucchini & Tomato	27 Chicken Salad Beet Salad Israeli Salad
29 Carribbean Curry Chicken Yellow Rice Cabbage with Shredded Carrots	30 Shepherd's Pie with Beef & Turkey Green Bean Sautee Steamed Carrots	31 Homemade Roast Pork Spanish Style Rice & Beans California Blend Vegetables			

Every meal comes with a protein, grain, vegetable, fruit, juice, whole wheat bread and low fat milk.

Please contact Bay Ridge Center with any concerns 718-748-0650. **Menu is subject to change.**