

Winter Growth, Inc.
AUGUST 2022

Monday 1	Tuesday 2	Wednesday 3	Thursday 4	Friday 5	Saturday 6	Sunday 7
4 oz. Spinach and Cheese Quiche (1 C eggs, ½ C cheese) ½ c. Green Peas 2-31 gr (1 oz) WW Bread 1 C Peaches	1 ½ C. Tuna Pasta Salad (3oz Tuna, ½ C Tomatoes, ½ C Pasta) 31 gr (1 oz) WW Bread 1 c Green Beans ½ c. Ice Cream	3 oz. Bruschetta Chicken 1 c. Asparagus ½ c. (1 oz) Angel Hair Pasta 43 gr (1 oz) WW Roll ½ c. Pears	3 oz Beef Burger 43 gr (1 oz) WW Roll ½ c. Potato Salad ½ c. Greens Beans ½ c. Cauliflower Angel Food with ½ c. Berries.	4 oz. Tilapia ½ c. WW Egg Noodles ¾ c. Zucchini 2-31 gr (1 oz) WW Bread ¾ c. Fruit Cup with ¼ C Yogurt	½ c. Ham Salad on Croissant 1 c. Collard Greens 25 g. Dinner Roll ½ c. Peach Cobbler	3 oz. BBQ Chicken ½ c. WW Pasta 1 c. Yellow Squash/Zucchini 25 gr. Garlic bread 1/2 c. Strawberries
Fried Fish Sandwich on roll Sweet Potato Fries Coleslaw Fresh Fruit w. Cookie	Philly Cheesesteak Sub On WW Roll Squash Ice Cream	Lasagna Zesty Three Bean Salad Broccoli Multigrain Rolls Baked Apple Crisp	Garlic Shrimp Spaghetti Green Peas Garlic toast Brownies	Pulled Pork BBQ on a Whole Wheat Bun With Baked Beans Coleslaw Tropical fruit salad	Italian Meatball Sub On WW Roll Green Beans Ice Cream	Reuben Sandwich French Fries Steamed Broccoli Fruit Cocktail
Monday 8	Tuesday 9	Wednesday 10	Thursday 11	Friday 12	Saturday 13	Sunday 14
3 oz. Sweet & Sour Meatballs w. ½ c. Pineapple Chunks ½ cup (1 oz) Wild Rice ½ c Green Beans 2-31 gr (1 oz) WW Bread ½ c Fresh Fruit	Shrimp Fried Rice (1/2 C. rice) Egg roll 1 c. Spinach 31 gr (1 oz) WW Bread ½ c Fresh Fruit	3 oz. Pork Roast 1 c Braised Cabbage ½ c Corn 57 gr (2 oz) Buttermilk Roll ½ c. Mandarin Oranges	3 oz. Baked Fish ½ C (1 oz) WW Penne 1 c. Steamed Carrots 31 gr (1 oz) WW Bread ½ c. Fruit	1 c. Beef Kabobs (3 oz. beef, ¼ C Peppers and Onions) 1 C (2 oz) Rice ½ c. Broccoli & ½ c. Cauliflower ½ c. Sliced Pineapple	4 oz. Turkey on 2 slices WW bread 4 oz. Bean Soup ½ c. Steamed Carrots ½ c. Fresh Tomatoes & Cucumbers Ice Cream	3 oz Oven Fried Chicken 4 oz. Baked French Fries ½ C. Peas & Carrot 1 Biscuit Strawberries with Pound Cake
Tuna Pasta Salad With Vegetables Multi Grain Roll Mandarin Oranges	3 oz. Salisbury steak w. Mushroom Gravy ½ c. Roasted Sweet Potato Fresh Fruit	½ Grilled Chicken Salad Sandwich On WW bread Roasted Potato Salad Low Fat Ice Cream	Sloppy Joe on Burger Roll Baked French Fries Zesty 3 Bean Salad Cottage Cheese Fruit Cup	Monkfish 'Lobster' Roll Coleslaw Potato Chips Watermelon Slices	Ham & Cheese Frittata Vegetable Medley Ice Cream	Cold Tomato Soup Toasted Cheese Sandwich on WW Bread Fresh Fruit
Monday 15	Tuesday 16	Wednesday 17	Thursday 18	Friday 19	Saturday 20	Sunday 21
3 oz. Pork Lo Mein ½ c. Steamed Carrots ½ c. Braised Kale/Collard Greens 2-31 gr (1 oz) WW Bread ½ c. Mandarin Oranges	3 oz. Chicken Kebabs ½ c. (1 oz) Wild Rice 1 c Yellow Squash 31 gr (1 oz) Naan Bread ½ c Fresh Fruit	1 C. Lentil Soup (1 ½ C lentils) 1 c Peas 1 C (2 oz) Brown Rice Cornbread ½ c. Peaches & Cream	1 ½ c. Hoppin John (3 oz. turkey sausage, ½ C Black Eyed Peas and ½ C Rice) ½ c. Steamed Green Beans 43 gr (1 oz) WW Roll ½ c. Pineapple Cookie	3 oz Tilapia 1 C (2 oz) Brown Rice ½ c. Kidney Beans ½ c. Yellow Squash ½ c. Zucchini 57 gr (2 oz) Buttermilk Roll ½ c. Ice Cream	1 c. Vegetable Chili (3 oz. sausage/3 oz. Beans/2 oz hominy) Corn Tortillas w/ Melted Cheese Oatmeal Cookie	3 oz. Cod Cake ½ C. Steamed Potatoes ½ C. Cauliflower Crowns Ice Cream Sandwich

Penne with Sun-Dried Tomato Pesto Garlic Bread Pudding Cup	Tuna Salad Broccoli Cheese w/ Crackers Multi Grain Roll Spice Cake	Turkey Tacos on Flour Tortilla Mexican Rice Sliced Tomatoes Fresh Fruit	Chicken Wrap (bacon, guacamole and cheese) Spinach Salad Yogurt Cup	Ham and Potato Casserole WW Bread Peas Fruit Gelatin	Thin Sliced Beef/Swiss Melt 1 slice WW English Muffin Potato Salad Pineapple Slices	Chili Macaroni Cucumber Salad Fruit Salad 1 Dinner Roll Pudding
Monday 22	Tuesday 23	Wednesday 24	Thursday 25	Friday 26	Saturday 27	Sunday 28
3 oz. Jerk Chicken w/ Pineapple Salsa 1 C Red Beans ½ C (1 oz) Wild Rice 43 gr (1 oz) WW Roll ½ C Apricot Halves	3 oz. Pork Tenderloin ½ c. (1 oz) Brown Rice ½ c. Spinach ½ c. Steamed Carrots 31 gr (1 oz) WW Bread ½ c. Diced Pineapple	3 oz. Pineapple Salmon ½ c. (1 oz) Jasmine Rice ½ C. Cuke/Watermelon Salad 1 c. Green Beans 43 gr (1 oz) WW Roll	Beef Quesadilla (3 oz lean gr beef/cheese) ¾ C Blk Beans/Corn ½ C (1 oz) Mexicali Brown Rice 32 g (1 oz) WW Tortilla ¾ C Fruit Cup ½ cup Fresh Melon	¾ C Chicken Cacciatore 1 c. Carrots ½ c (1 oz) WW Fettuccini 31 gr (1 oz) WW Bread ½ c. Apple Sauce	4 oz. Beef Tenders With Mushroom Gravy ½ c. Fingerling Potatoes ¾ c. Mixed Veggies 50 gr. Dinner roll ¾ c. Fruit Salad	1 c. Portabella Mushroom Ravioli (4 oz. Mushrooms) ½ c. Baby Carrots 36 gr. Dinner Roll 4 oz. Fig Bar
3 oz. Fish Fillet Cole Slaw Oven Fries 1 slice WW bread Angel Food Cake Mixed Berries	Egg Salad on a Croissant Baked French Fries Broccoli Brownie	Turkey Wrap Sweet Potato Fries Coleslaw Fruit Cup	Pizza Garlic Bread Tomato Cucumber Salad Italian Ice	Pork Chops Steamed Rice Green Beans Pound Cake	Baked Cod Roasted Redskin Potato Peas/Carrot Medley 1 slice WW bread Yogurt Fruit cups	Turkey Meat Loaf Brown Rice Cabbage Multi Grain Roll Sherbet- Small Cookie
Monday 29	Tuesday 30	Wednesday 31	Thursday	Friday	Saturday	Sunday
Chicken (3 oz.) stir fry (1 C vegetables: ½ c. Broccoli, ¼ c. Carrots, ¼ cup Snow Peas) 1 c. (2 oz) Brown rice/scallions ½ c. Mandarin Oranges	2 oz. Ham and 1 oz Cheese on 2-31 gr (1 oz) WW Bread ½ c. Wedge Fries ½ c. Coleslaw ½ c. Fresh Fruit	3 oz. Roast Turkey Breast 4 oz. Roasted Squash ¾ c. Green Beans 2-31 gr (1 oz) WW Bread ¾ c. Peaches with Whipped Cream	4 oz. Lemon Dill Cod ½ c. (1 oz) Brown Rice ¾ c Red Beans 43 gr (1 oz) WW Roll ¾ c. Pears	Spaghetti 1 c. (2 oz) WW Pasta topped w/ 3 oz Ground Turkey and 2 oz Tomato Sauce 1 c. Spinach Garlic bread ½ c. Blackberries and Strawberries	3 oz Hawaiian Chicken ½ c. Penne Pasta ¾ c. Braised Cabbage 36 g. Dinner Roll ¾ c. Apple & Pear Slices	Roasted Pork Potatoes O' Gratin Green Beans 1 slice WW bread Ice Cream
Tuscan Beans w/Tuna (cannellini beans, grape tomatoes, Kalamata olives, canned tuna) Roll Ice Cream Cup	Italian Sausage & Peppers Steamed Rice Mixed Vegetables Fruit Cocktail	Chicken Pot Pie Kale Ice Cream	Pork Posole Stew ½ c. Brown Rice ½ c. Asparagus Brownie a la Mode	Broccoli Cheese Casserole Steamed Veg. Medley Multi Gain Roll Fig Bar	Beef Patty On WW Bun Wedge Fries Carrots & Cauliflower Fruit Cup	Gazpacho Turkey and Swiss Melt 2 slices WW bread Fresh Fruit Cookie

*Winter Growth does not discriminate on the basis of age, race, religion, ethnic origin, disability, or sexual orientation in eligibility for or the provision of any of its services.
Meals are high in whole grains and meet state guidelines for lower-salt content and reduced fat. 8 oz. of 1% milk is served during every meal.*

KEY: WW-Whole Wheat Chix-Chicken Br-Brown Gr-Ground