

<b>Saturday, August 6, 2022</b>
<b>Lunch</b>
Grilled Honey Sriracha Chicken (Green, Low)
Stir Fried Garden Vegetables w/Marinated Tofu and Brown Rice (Green, Low)
Shrimp Chop Suey (Green, High)
<b>Dinner</b>
Swedish Meatballs (Ground Turkey) (Yellow, High)
Polynesian Fillet (Green, Low)
Steak Smothered in Onions (Yellow, Moderate)
<b>Sunday, August 7, 2022</b>
<b>Lunch</b>
Turkey Ala King (Yellow, High)
Country Style Fried Steak (Red)
Fish w/SW Salsa (Green, Low)
<b>Dinner</b>
Swedish Meatballs (Ground Turkey) (Yellow, High)
Polynesian Fillet (Green, Low)
Steak Smothered in Onions (Yellow, Moderate)
<b>Monday, August 8, 2022</b>
<b>Lunch</b>
Oriental Pepper Steak (Yellow, Moderate)
Chicken Parmesan (Red, High)
Baked Fish w/Lemon Garlic Butter (Green, Moderate)
<b>Dinner</b>
Pork Roast Tenderloin (Green, Low)
Tuna Noodles (Yellow, High)
Savory Baked Chicken (Yellow, Moderate)
<b>Tuesday, August 9, 2022</b>
<b>Lunch</b>
Basil Baked Fish (Yellow, Moderate)
Turkey Breast Fillet (Yellow, Low)
Pasta Provençal (Green, High)
<b>Dinner</b>
Baja Fish Taco (Green, High)
Baked Mexican Chicken (Yellow, High)
Beef Stir Fry (Green, High)
<b>Wednesday, August 10, 2022</b>
<b>Lunch</b>
Spicy Catfish Poboy (Red, Moderate)
Grilled Pork Chops (Yellow, Low)
Cajun Meatloaf (Yellow, Moderate)
<b>Dinner</b>
Fish Onion-Lemon Baked (Green, Low)
Simmered Beef (Yellow, Low)
Cajun Chicken (Green, Moderate)
<b>Thursday, August 11, 2022</b>
<b>Lunch</b>
Baked Dijon Pork Chop (Green, Moderate)
Spinach Lasagna (Yellow, High)
Baked Florentine Turkey Roulade (Green, Low)
<b>Dinner</b>
Baked Salmon (Green, Low)
Pineapple BBQ Meatballs (Yellow, Low)
Honey Mustard Chicken Breast (Green, Moderate)
<b>Friday, August 12, 2022</b>
<b>Lunch</b>
Roast Turkey (Yellow, Moderate)
Cheese Tortellini with Marina (Green, High)
Stuffed Green Peppers (Beef) (Yellow, High)
<b>Dinner</b>
Turkey and Spinach Meatloaf (Green, Moderate)
Crispy Oven Baked Chicken (Yellow, Low)
Parmesan Fish (Yellow, Moderate)

<b>Monday, August 15, 2022</b>
<b>Lunch</b>
Southwestern Sweet Potatoes Black Beans and Corn (Green, Moderate)
Simmered Beef (Yellow, Low)
Almond Crusted Cod (Yellow, Moderate)
<b>Dinner</b>
Spaghetti w/Turkey Meat Sauce (Green, Moderate)
Baked Fish w/Lemon Garlic Butter (Green, Moderate)
Steak Smothered in Onions (Yellow, Moderate)
<b>Tuesday, August 16, 2022</b>
<b>Lunch</b>
Chili Mac (Green, Moderate)
Basil Baked Fish (Yellow, Moderate)
Teriyaki Chicken (Yellow, High)
<b>Dinner</b>
Pork Roast Tenderloin (Green, Low)
Baja Baked Cod (Green, High)
Pasta Provençal (Green, High)
<b>Wednesday, August 17, 2022</b>
<b>Lunch</b>
Shrimp Kabob (Yellow, High)
Ginger BBQ Chicken (Green, Low)
Lemon Basil Pasta (Yellow Moderate)
<b>Dinner</b>
Marinated Tomatoes With Penne And Basil (Green, High)
Southern Fried Catfish (Red, Moderate)
Sweet Chilli BBQ Meatballs (Yellow, Low)
<b>Thursday, August 18, 2022</b>
<b>Lunch</b>
Honey Mustard Chicken Breast (Green, Moderate)
Ziti with Meat Sauce (Yellow, Low)
Baked Fish (Yellow, Moderate)
<b>Dinner</b>
Hot and Spicy Chicken (Green, Moderate)
Pasta Toscano (Yellow, High)
Cantonese Spareribs (Red)
<b>Friday, August 19, 2022</b>
<b>Lunch</b>
Polish Sausage (Red, High)
Baked Salmon (Green, Low)
Hamburger Yakisoba (Yellow, Low)
<b>Dinner</b>
Roast Beef (Green, High)
Shrimp Scampi (Yellow, High)
German Chicken Schnitzel (Yellow, Moderate)
<b>Saturday, August 20, 2022</b>
<b>Lunch</b>
Santa Fe Glazed Chicken (Green, Low)
Baked Dijon Pork Chop (Green, Moderate)
Beef Ball Stroganoff (Yellow, Moderate)
<b>Dinner</b>
Salmon w/Maple Ginger Glaze (Yellow, High)
Stuffed Green Peppers w/Turkey and Lentils (Green, High)
Pasta Primavera (Yellow, Moderate)

<b>Sunday, August 21, 2022</b>
<b>Lunch</b>
Cheese Tortellini with Marina (Green, High)
French Fried Shrimp (Red, Low)
Bourbon Chicken (Yellow, Low)
<b>Dinner</b>
Beef Pot Pie (Yellow, High)
Lemon Baked Fish (Green, Low)
Herbed Baked Chicken (Green, Low)
<b>Monday, August 22, 2022</b>
<b>Lunch</b>
Caribbean Catfish (Yellow, Moderate)
Jerk Roast Turkey (Green, Low)
Stuffed Green Peppers (Beef) (Yellow, High)
<b>Dinner</b>
Southwestern Sweet Potatoes Black Beans and Corn (Green, Moderate)
Beef Szechwan (Yellow, Moderate)
Chicken Breast Dijon (Yellow, High)
<b>Tuesday, August 23, 2022</b>
<b>Lunch</b>
Baked Fish (Yellow, Moderate)
Meat Loaf (Yellow, Moderate)
Baked Chicken (Green, High)
<b>Dinner</b>
Chicken Enchilada (Yellow, High)
Southwestern Fish (Green)
Beef Fajitas (Green, High)
<b>Wednesday, August 24, 2022</b>
<b>Lunch</b>
Lemon Basil Shrimp Pasta (Yellow, Moderate)
Mambo Pork Roast (Yellow, Low)
Grilled Chicken w/ Mustard Sauce (Green, Moderate)
<b>Dinner</b>
Grilled Steak (Green, Low)
Roast Turkey (Yellow, Moderate)
Mediterranean Salmon (Yellow, Low)
<b>Thursday, August 25, 2022</b>
<b>Lunch</b>
Honey Ginger Chicken (Green, Low)
Grilled Salmon w/Citrus Butter (Yellow, High)
BBQ Brisket (Yellow, Moderate)
<b>Dinner</b>
Crispy Oven Baked Chicken (Yellow, Low)
Roast Beef (Green, High)
Parmesan Crusted Cod (Yellow, Moderate)
<b>Friday, August 26, 2022</b>
<b>Lunch</b>
Chicken Florentine (Green, Low)
Italian Broccoli Pasta (Yellow, High)
Stuffed Baked Pork Chops (Yellow, Low)
<b>Dinner</b>
Chicken Florentine (Green, Low)
Italian Broccoli Pasta (Yellow, High)
Stuffed Baked Pork Chops (Yellow, Low)

<b>Saturday, August 27, 2022</b>
<b>Lunch</b>
French Fried Shrimp (Red, Low)
Hot and Spicy Chicken (Green, Moderate)
Ziti with Meat Sauce (Yellow, Low)
<b>Dinner</b>
Beef Stir Fry (Green, High)
Baked Stuffed Fish (Yellow, Low)
Chicken Bulgogi (Green, High)
<b>Sunday, August 28, 2022</b>
<b>Lunch</b>
Turkey Lentil Chili (Green, Moderate)
Shrimp Jambalaya (Yellow, High)
Southern Fried Chicken (Red, Moderate)
<b>Dinner</b>
Baked Dijon Pork Chop (Green, Moderate)
Chili Mac (Green, Moderate)
Lemon Pepper Catfish (Yellow, Low)
<b>Monday, August 29, 2022</b>
<b>Lunch</b>
Roast Beef (Green, High)
Chicken Cordon Bleu (Red, High)
Pasta Primavera (Yellow, Moderate)
<b>Dinner</b>
Turkey Nuggets (Red, High)
Beef and Corn Pie (Green, Moderate)
Bourbon Chicken (Yellow, Low)
<b>Tuesday, August 30, 2022</b>
<b>Lunch</b>
Chicken Kabob (Yellow, Low)
Pepper Steak (Green, Moderate)
Tuna Noodles (Yellow, High)
<b>Dinner</b>
Sweet and Spicy Orange Salmon (Yellow, Moderate)
Cheese Tortellini with Marina (Green, High)
Steak Rancho (yellow, Moderate)
<b>Wednesday, August 31, 2022</b>
<b>Lunch</b>
Beef Brogul (Yellow, Low)
Pork Schnitzel (Red, Moderate)
Fish Onion-Lemon Baked (Green, Low)
<b>Dinner</b>
Almond Crusted Cod (Yellow, Moderate)
Hamburger Yakisoba (Yellow, Low)
Cranberry Glazed Chicken (Green, Moderate)