




# MALDEN YMCA

## AUGUST 2024 MENU



Monday	Tuesday	Wednesday	Thursday	Friday
			<p>Lunch</p> <p>WG Cheese Tortellini w/ Spinach</p> <p>Cream Sauce</p> <p>Sliced Zucchini &amp; Squash</p> <p>Fruit</p> <p><i>*Vegetarian*</i></p>	<p>Lunch</p> <p>Country WG Chicken Patty</p> <p>w/Chicken Gravy</p> <p>Warm Biscuit</p> <p>Whipped Potato</p> <p>Fruit</p> <p><i>*Vegetarian*</i></p>
<p>Lunch</p> <p>BBQ Grilled Chicken Strips</p> <p>w/ BBQ Sauce</p> <p>Fiesta Rice</p> <p>Green Beans</p>	<p>Lunch</p> <p>Macaroni and Cheese</p> <p>w/ Cheddar Cheese Sauce</p> <p>WW Elbow Pasta</p> <p>Mixed Vegetables</p>	<p>Lunch</p> <p>Breakfast For Lunch</p> <p>Turkey Sausage Patty</p> <p>w/Maple Syrup</p> <p>WG French Toast</p> <p>Tater Tots</p>	<p>Lunch</p> <p>Chicken Pot Pie Stew (w/ Diced Carrots &amp; Green Peas)</p> <p>w/ Chicken Gravy</p> <p>Warm Biscuit</p> <p>Whipped Potato</p>	<p>Lunch</p> <p>Turkey Tetrazini (Diced Turkey, Bowtie Pastas, Green Peas, Panko Crumb Topping)</p> <p>w/ Cream Sauce</p> <p>WW Pasta</p> <p>Summer Squash Medley</p>
<p>Lunch</p> <p>WG Chicken Nuggets</p> <p>Ketchup</p> <p>Rice &amp; Beans</p> <p>California Blend Vegetables</p> <p>Fruit</p>	<p>Lunch</p> <p>Cheese Ravioli</p> <p>w/ Tomato Sauce</p> <p>Italian Green Bean</p> <p>Fruit</p>	<p>Lunch</p> <p>Grilled Chicken</p> <p>w/ Fajita Sauce</p> <p>Black Bean &amp; Tomato Rice</p> <p>Mixed Vegetables</p> <p>Fruit</p>	<p>Lunch</p> <p>Sweet n Sour Turkey Meatballs</p> <p>w Sweet n Sour Sauce</p> <p>WG Quinoa</p> <p>Broccoli</p> <p>Fruit</p>	<p>Lunch</p> <p>WG Chicken Parmesan w/ Parmesan Cheese,</p> <p>w/ Tomato Sauce</p> <p>WW Penne Pasta</p> <p>Sliced Carrots</p> <p>Fruit</p>
<p>Lunch</p> <p>WG Cheese Lasagna</p> <p>w/ Tomato Sauce</p> <p>Green Beans</p> <p>Fruit</p>	<p>Lunch</p> <p>Turkey Meatballs</p> <p>w/ Tomato Sauce</p> <p>WW Spaghetti</p> <p>Italian Blend Vegetable</p> <p>Fruit</p>	<p>Lunch</p> <p>Arozz Con Pollo (Seasoned Chicken w/ Rice)</p> <p>Diced Carrots</p> <p>Fruit</p>	<p>Lunch</p> <p>WW Macaroni and Cheese</p> <p>w/ Cheddar Cheese Sauce</p> <p>WW Elbow Pasta</p> <p>Summer Squash Medley</p> <p>Fruit</p>	<p>Lunch</p> <p>Grilled Chicken</p> <p>w/ Hawaiian Sauce</p> <p>Pineapple WG Brown Rice</p> <p>Mixed Vegetables</p> <p>Fruit</p>
<p>Lunch</p> <p>Turkey Stew</p> <p>w/ Turkey Gravy</p> <p>Warm Biscuit</p> <p>Whipped Potato</p> <p>Fruit</p>	<p>Lunch</p> <p>WG Chicken Nuggets</p> <p>Ketchup</p> <p>Rice &amp; Beans</p> <p>Mixed Vegetables</p> <p>Fruit</p>	<p>Lunch</p> <p>Bolognese w/ Ground Turkey</p> <p>w/ Tomato Sauce</p> <p>WW Spaghetti</p> <p>Italian Green Bean</p> <p>Fruit</p>	<p>Lunch</p> <p>BBQ Turkey Meatballs</p> <p>w/ BBQ Sauce</p> <p>Southwest Quinoa</p> <p>Broccoli</p> <p>Fruit</p>	<p>Lunch</p> <p>Breakfast For Lunch</p> <p>Turkey Sausage Patty</p> <p>w/Maple Syrup</p> <p>WG French Toast</p> <p>Tater Tots</p> <p>Fruit</p>

\*\*\*1% UNFLAVORED MILK SERVED WITH ALL MEALS\*\*\*

***\*Menu is Subject to Change***

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