








Malden YMCA August 2022 Menu



Monday	Tuesday	Wednesday	Thursday	Friday
<p>1-Aug</p> <p>Breakfast Rice Krispies Cereal, Fruit</p> <p>Lunch Chicken Pot Pie Stew w/ Gravy, Diced Carrots and Green Peas, Mash Potato, Warm Biscuit, Fruit</p> <p>*Chicken*</p>	<p>2-Aug</p> <p>Breakfast W.G.Cinnamon Raisin Bagel w/ Cream Cheese, Fruit</p> <p>Lunch W.G.Chicken Nuggets, Rice& Beans, Cut Corn Ketchup, Fruit</p> <p>*Chicken*</p>	<p>3-Aug</p> <p>Breakfast Corn Flakes Cereal, Fruit</p> <p>Lunch Turkey Tetrizzini Casserole w/ Diced Turkey in a Cream Sauce Bowtie Pasta and Green Peas, Parmesan Cheese Mixed Vegetables Fruit</p> <p>*Turkey*</p>	<p>4-Aug</p> <p>Breakfast W.G. Blueberry Muffin, Fruit</p> <p>Lunch WG Cheese Lasagna w/ Tomato Sauce Italian Blend Vegetables Fruit</p> <p>*Meatless*</p>	<p>5-Aug</p> <p>Breakfast Toasted Oats Cereal, Fruit</p> <p>Lunch WW.Macaroni & Cheese Casserole, Fruit</p> <p>*Meatless*</p> 
<p>8-Aug</p> <p>Breakfast Corn Flakes Cereal, Fruit</p> <p>Lunch Hawaiian Grilled Chicken Pineapple WG Brown Rice Diced Carrots Fruit</p> <p>*Chicken*</p> 	<p>9-Aug</p> <p>Breakfast W.G.Apple Cinnamon Muffin, Fruit</p> <p>Lunch WG Cheese Ravioli w/ Tomato Sauce, Mixed Vegetables Fruit</p> <p>*Meatless*</p>	<p>10-Aug</p> <p>Breakfast W.G. Blueberry Bagel w/ Cream Cheese, Fruit</p> <p>Lunch Swedish Meatball, WG Brown Rice, Green Beans, Fruit</p> <p>*Turkey*</p>	<p>11-Aug</p> <p>Breakfast Toasted Oats Cereal, Fruit</p> <p>Lunch Chicken WW Ziti Broccoli w/ Alfredo Cream Sauce Spinach Fruit</p> <p>*Chicken*</p>	<p>12-Aug</p> <p>Breakfast W.G.Corn Muffin, Fruit</p> <p>Lunch WG Country Chicken w/ Gravy Garlic Mash Potato Warm Biscuit Fruit</p> <p>*Chicken*</p>
<p>15-Aug</p> <p>Breakfast Rice Krispies Cereal, Fruit</p> <p>Lunch Turkey Stew w/ Gravy, Green Beans,Carrot Coins, Cut Corn Mash Potato, Warm Biscuit, Fruit</p> <p>*Turkey*</p>	<p>16-Aug</p> <p>Breakfast W.G.Cinnamon Raisin Bagel w/ Cream Cheese, Fruit</p> <p>Lunch Aroz Con Pollo, Mixed Vegetables Fruit</p> <p>*Chicken*</p>	<p>17-Aug</p> <p>Breakfast Toasted Oats Cereal, Fruit</p> <p>Lunch WW.Macaroni & Cheese Casserole, Sliced Carrots Fruit</p> <p>*Meatless*</p>	<p>18-Aug</p> <p>Breakfast W.G.Banana Muffin, Fruit</p> <p>Lunch WW Cheese Tortellini w/ Tomato Sauce, Italian Blend Vegetables Fruit</p> <p>*Meatless*</p> 	<p>19-Aug</p> <p>Breakfast Corn Flakes Cereal, Fruit</p> <p>Lunch W.G.Chicken Nuggets, Rice& Beans, Broccoli Ketchup, Fruit</p> <p>*Chicken*</p>
<p>22-Aug</p> <p>Breakfast Toasted Oats Cereal, Fruit</p> <p>Lunch BREAKFAST FOR LUNCH W.G. French Toast w/ Maple Syrup Turkey Sausage Pattie Tater Tots Fruit</p> <p>*Turkey*</p> 	<p>23-Aug</p> <p>Breakfast W.G.Corn Muffin, Fruit</p> <p>Lunch BBQ Grilled Chicken Green Beans Fiesta Rice Fruit</p> <p>*Chicken*</p>	<p>24-Aug</p> <p>Breakfast W.G. Blueberry Bagel w/ Cream Cheese, Fruit</p> <p>Lunch WW Spaghetti and Meatballs w/ Tomato Sauce Spinach, Fruit</p> <p>*Turkey*</p>	<p>25-Aug</p> <p>Breakfast Rice Krispies Cereal, Fruit</p> <p>Lunch Turkey Dinner Roast Turkey w/ Gravy Whip Potato, WW Dinner Roll, Fruit</p> <p>*Turkey*</p>	<p>26-Aug</p> <p>Breakfast W.G. Blueberry Muffin, Fruit</p> <p>Lunch Vegetarian Southwest Pasta Bake Zucchini & Squash Fruit</p> <p>*Meatless*</p>
<p>29-Aug</p>	<p>30-Aug</p>	<p>31-Aug</p>	<p>1-Sep</p>	<p>2-Sep</p> 

1% UNFLAVORED MILK SERVED WITH ALL MEALS

*Menu is Subject to Change

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