



# AUGUST 2022 YUMA MEET & EAT



## FOR RESERVATIONS OR CANCELATIONS CALL 848-2038 BY 8:00 A.M.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2	3	4	5
<b>SWEET &amp; SOUR PORK</b> <b>BROWN RICE</b> <b>ORIENTAL VEGETABLES</b> <b>WW ROLL</b> <b>APRICOT HALVES</b> <b>OATMEAL CHOCOLATE CHIP COOKIE</b>  Calories: 784    Carb: 110.7g    Fib: 10.0g Protein: 35.2g    Fat: 23.1g    Sod: 574mg	<b>SHEPHERD'S PIE</b> <b>CREAMY COLESLAW</b> <b>ROLL</b> <b>STRAWBERRY APPLESAUCE</b> <b>BUTTERSCOTCH BROWNIE</b>  <b style="color: red;">BIRTHDAY RECOGNITION</b>  Calories: 770    Carb: 117.7g    Fib: 10.3g Protein: 32.2g    Fat: 22.5g    Sod: 864mg	<b>SOFT SHELL TACOS</b> <b>SALSA</b> <b>REFRIED BEANS</b> <b>MEXICALI CORN</b> <b>FRUIT CUP</b> <b>GRAPE JUICE</b>  <b style="color: red;">SENIOR MEETING ~ 12:00</b>  Calories: 723    Carb: 110.6g    Fib: 11.9g Protein: 38.5g    Fat: 16.9g    Sod: 1104mg	<b>BAKED FISH</b> <b>BAKED POTATO</b> <b>CALIFORNIA VEGETABLES</b> <b>ANNA'S DILLY BREAD</b> <b>CINNAMON APPLE SLICES</b>  Calories: 588    Carb: 95.8g    Fib: 10.8g Protein: 29.9g    Fat: 11.8g    Sod: 725mg	<b>HAM</b> <b>MASHED POTATOES &amp; GRAVY</b> <b>BEAN MEDLEY</b> <b>OATMEAL ROLL</b> <b>BERRY BLEND</b> <b>CINNAMON CRISPY</b>  Calories: 624    Carb: 97.2g    Fib: 11.9g Protein: 27.3g    Fat: 16.2g    Sod: 1273mg
8	9	10	11	12
<b>SPAGHETTI W/ MEAT SAUCE</b> <b>TOSSED SALAD W/ DRESSING</b> <b>ITALIAN VEGETABLES</b> <b>GARLIC BREAD</b> <b>CANTALOUPE CUBES</b> <b>CHERRY CAKE</b>  Calories: 636    Carb: 94.0g    Fib: 11.8g Protein: 35.2g    Fat: 16.2g    Sod: 846mg	<b>CHICKEN POT PIE</b> <b>BEAN MEDLEY</b> <b>FRUIT CUP</b> <b>APPLESAUCE CAKE</b>  Calories: 677    Carb: 86.8g    Fib: 9.5g Protein: 35.7g    Fat: 23.1g    Sod: 564mg	<b>TUNA NOODLE CASSEROLE</b> <b>BROCCOLI</b> <b>WW ROLL</b> <b>APPLE SALAD</b> <b>COOKIES W/ RAISINS</b>  Calories: 715    Carb: 90.5g    Fib: 10.0g Protein: 37.0g    Fat: 25.7g    Sod: 586mg	<b>HOT ROAST BEEF SANDWICH</b> <b>GREEN BEANS &amp; CORN</b> <b>MANDARIN ORANGES W/ BANANAS</b> <b>NATURE COOKIE</b>  Calories: 722    Carb: 115.0g    Fib: 10.8g Protein: 34.3g    Fat: 17.4g    Sod: 590mg	<b>WHITE CHILI W/ CHICKEN</b> <b>SPINACH SALAD</b> <b>ROLL</b> <b>MELON CUP</b> <b>OATMEAL NUT COOKIES</b>  Calories: 618    Carb: 82.4g    Fib: 10.9g Protein: 30.5g    Fat: 20.3g    Sod: 521mg
15	16	17	18	19
<b>MEXICAN CHICKEN BAKE</b> <b>CALIFORNIA VEGETABLES</b> <b>ONION ROLL</b> <b>BANANA SPLIT FRUIT CUP</b>  Calories: 679    Carb: 90.2g    Fib: 9.9g Protein: 38.7g    Fat: 20.5g    Sod: 601mg	<b>BARBECUE PORK CHOP</b> <b>SCALLOPED POTATOES</b> <b>CABBAGE</b> <b>BRAN MUFFIN</b> <b>PEAR ORANGE FRUIT CUP</b>  Calories: 719    Carb: 95.0g    Fib: 10.1g Protein: 37.1g    Fat: 23.4g    Sod: 865mg	<b>SLOPPY JOE SANDWICH</b> <b>POTATO SALAD</b> <b>BROWN BUTTER &amp; DILL BRUSSEL SPROUTS</b> <b>FRESH FRUIT CUP</b>  Calories: 622    Carb: 87.8g    Fib: 10.9g Protein: 33.6g    Fat: 18.8g    Sod: 870mg	<b>LASAGNA</b> <b>TOSSED SALD W/ DRESSING</b> <b>PEAS &amp; CARROTS</b> <b>GARLIC BREAD</b> <b>FRUIT CUP</b>  Calories: 623    Carb: 84.9g    Fib: 11.6g Protein: 34.5g    Fat: 19.8g    Sod: 582mg	<b>MEATLOAF</b> <b>MASHED POTATOES W/ GRAVY</b> <b>GREEN BEANS</b> <b>WW ROLL</b> <b>ORANGE WEDGES</b> <b>NATURE COOKIE</b>  Calories: 699    Carb: 103.5    Fib: 11.3g Protein: 36.2    Fat: 18.3g    Sod: 1023mg
22	23	24	25	26
<b>CABBAGE BURGERS</b> <b>CRISPY CUCUMBERS &amp; TOMATOES</b> <b>CORN</b> <b>FRUIT CUP</b> <b>OATMEAL NUT COOKIES</b>  Calories: 650    Carb: 98.1g    Fib: 10.0g Protein: 30.4g    Fat: 19.0g    Sod: 462mg	<b>ROAST TURKEY</b> <b>GRAVY</b> <b>YAM APPLE BAKE</b> <b>SPINACH/STRAWBERRY SALAD</b> <b>BRAN MUFFIN</b> <b>MANDARIN ORANGES</b>  Calories: 662    Carb: 99.0g    Fib: 11.0g Protein: 26.3g    Fat: 20.7g    Sod: 855mg	<b>SWISS STEAK</b> <b>BOILED POTATOES</b> <b>ITALIAN VEGETABLES</b> <b>ROLL</b> <b>SLICED BANANAS</b>  Calories: 725    Carb: 90.5g    Fib: 11.0g Protein: 41.9g    Fat: 23.5g    Sod: 433mg	<b>CHICKEN TETRAZZINI</b> <b>MARINATED VEGETABLE SALAD</b> <b>STEWED TOMATOES</b> <b>WW ROLL</b> <b>WATERMELON</b>  Calories: 600    Carb: 69.2g    Fib: 10.4g Protein: 36.8g    Fat: 21.8g    Sod: 749mg	<b>BACON POTATO BREAKFAST BURRITO</b> <b>GREEN CHILI W/ PORK</b> <b>SPANISH RICE</b> <b>TOSSED SALD W/ DRESSING</b> <b>STRAWBERRIES &amp; BANANAS</b> <b>OATMEAL BANANA RAISIN COOKIES</b>  Calories: 624    Carb: 92.8g    Fib: 9.6g Protein: 27.2g    Fat: 17.5g    Sod: 1027mg
29	30	31		
<b>HAMBURGER ON A BUN</b> <b>LETTUCE/TOMATO SLICES</b> <b>CALIFORNIA VEGETABLES</b> <b>PEAR SLICES</b> <b>APPLE GRANOLA COOKIES</b>  Calories: 767    Carb: 82.8g    Fib: 10.1g Protein: 42.8g    Fat: 31.3g    Sod: 371mg	<b>PORK CHOP SUEY</b> <b>BROWN RICE</b> <b>STIR FRY VEGETABLES</b> <b>WW ROLL</b> <b>PINEAPPLE TIDBITS</b> <b>BROWNIE</b>  Calories: 797    Carb: 110.5g    Fib: 10.3g Protein: 35.1g    Fat: 25.7g    Sod: 478mg	<b>CITRUS SALMON FILLET</b> <b>BAKED SWEET POTATO</b> <b>GREEN BEANS W/ TOMATOES</b> <b>ANNA'S DILLY BREAD</b> <b>BERRY BLEND</b> <b>NATURE COOKIE</b>  Calories: 730    Carb: 113.3g    Fib: 15.1g Protein: 33.4g    Fat: 19.1g    Sod: 1076mg	Menu may change due to availability of food items or conditions that cause the kitchen to close.  <b>Suggested Donation - \$6.25</b>  <b>Under Age 60</b> <b>Mandatory Charge - \$12.50</b>	
<b>For Reservations</b> <b>Call 848-2038 by 8:00 a.m.</b> <b>the day you want the meal.</b>  <b>If you must cancel your meal,</b> <b>please do so by 8:00 a.m.</b> <b>the day of the meal.</b>				