


Grab and Go Lunches—Take Out Only!

August 2020 Menu

Name: _____

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Grilled Chicken on/ Oatnut Bread w/Mayo 3 Bean Salad Chips Fruit Juice Milk	4 Sliced Turkey & Cheese On a roll w/Mayo Chips Fruit Juice Milk	5 Corned Beef On Rye w/ Mustard Chips Cookie Juice Milk	6 Meatball Sub On Grinder Roll Beet Salad Chips Fruit Milk	7 Seafood Salad On Oatnut Bread Chips Fruit Juice Milk
 <p>Closed</p>	11 Salami & Cheese On Wheat w/Mustard Chips Fruit Juice Milk	12 Chicken Salad On Whole Wheat Roll 3 Bean Salad Chips Fruit Juice Milk	13 Tuna Salad On Oatnut Bread Chips Side Salad w/ dressing Cookie Juice Milk	14 Hamburger On a Roll w/ketchup, mustard, relish Chips Fruit Juice Milk
17 Meatloaf On Oatnut Bread Tomato/Cucumber Salad Chips Pudding Cup Milk Juice	18 Chicken Salad w/ Cranberries on wheat 3 Bean Salad Fruit Juice Milk	19 Sliced Ham & Cheese On Roll w/mustard Chips Fruit Cup Juice Milk	20 Grilled Chicken on a Roll w/lettuce, tomato, cucumber & dressing Yogurt Juice Milk	21 Sliced Turkey & Cheese On a roll w/Mayo Chips Fruit Juice Milk
24 Grilled Chicken on/ Oatnut Bread w/Mayo 3 Bean Salad Chips Fruit Milk	25 Corned Beef On Rye w/ Mustard Chips Cookie Juice Milk	26 Meatball Sub On Grinder Roll Beet Salad Chips Fruit Milk	27 Seafood Salad On Oatnut Bread Chips Fruit Juice Milk	28 Salami & Cheese On Wheat w/Mustard Chips Fruit Juice Milk
31 Chicken Salad On Whole Wheat Roll 3 Bean Salad Chips Fruit Juice Milk	<p>\$3.00 Suggested Donation / Portsmouth Café-reservations must be made by 11:15 am the day before by calling 401-683-4106!</p>	<p>Funded in part by the US administration on aging and state funds by the Rhode Island Office of Healthy Aging</p>	<p><i>All menu items may</i> <i>contain</i> <i>nuts, seeds, beans,</i></p>	