

AUGUST 2022 ORDER FORM

*Please **circle** the word "**ALTERNATE**"
for each day you would like to receive
that week's alternate meal*



** Please return completed order form to driver by July 7, 2022 - keep the yellow copy for yourself **

ALTERNATE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Chicken Nuggets Sweet Potato Fries Squash & Zucchini Applesauce	1 Pulled BBQ Chicken Tater Tots Coleslaw Fruit Cup ALTERNATE	2 Mushroom Pot Pie w/ Carrots, Leeks, Celery & Peas Fresh Fruit Cookie ALTERNATE	3 BLT Breakfast Wrap w/ Scrambled Eggs Hashbrowns Applesauce Chocolate Milk ALTERNATE	4 Beef Goulash over Egg Noodles Corn Dinner Roll Fresh Fruit ALTERNATE	5 Chicken Caesar Salad Wrap Lettuce / Tomato Onion / Cucumber Fruit Cup ALTERNATE
Cowboy Baked Beans Veggie Blend Baby Baker Potatoes Fruit Cup	8 Cheeseburger w/ Lettuce, Tomato & Onion Sweet Potato Fries Fruit Juice ALTERNATE	9 Chicken Cordon- Blu Casserole Tossed Salad Fruit Cup ALTERNATE	10 Southwest Turkey & Rice Casserole Mexican Street Corn Fresh Fruit ALTERNATE	11 Chicken Taco Salad Peperoni Pasta Salad Veggies & Dip Fruit Cup ALTERNATE	12 Cheese & Crackers Peperoni Pasta Salad Veggies & Dip Fruit Cup ALTERNATE
Chicken Salad over Lettuce Couscous Fruit Cup	15 Chicken Marsala Brussel Sprouts Summer Squash Fresh Fruit ALTERNATE	16 Philly Cheesesteak Peppers & Onions Fresh Veggies Fruit Cup ALTERNATE	17 Pizza Tossed Salad Cottage Cheese Applesauce Pudding ALTERNATE	18 Fish Sticks French Fries Mac & Cheese Coleslaw Fresh Fruit ALTERNATE	19 Ital. Chicken Wrap Spinach, Tomato Onion & Cheese Apples & Grapes Slice of Pie ALTERNATE
Creamed Chicken Buttered Corn Green Beans Fruit Cup	22 LCAP Turkey Bowl Mashed Potatoes Buttered Corn Biscuits ALTERNATE	23 BLT Sandwich w/ Cheese, Lettuce, & Tomato Pickle Spear Grapes ALTERNATE	24 BBQ Chicken Leg Mac & Cheese Veggie Blend Dinner Roll Apple Cobbler ALTERNATE	25 Belgian Waffle w/ Blueberries Turkey Sausage Sweet Pot. Patties Yogurt ALTERNATE	26 Ham Salad on Bun Beets Sliced Cucumbers Fruit Juice ALTERNATE
Smoked Sausage Fried Potatoes Sauerkraut Dinner Roll Fruit Cup	29 CHEF'S  CHOICE ALTERNATE	30 Chef Salad with Ham & Turkey Hardboiled Egg Fruit Juice ALTERNATE	31 Cod Fish Fillet Au Gratin Potatoes Broccoli Fresh Fruit ALTERNATE	Please call the office by 4pm the day before to cancel a meal: 740-345-0821 - Option 3 **Ingredient information available at: lcap.org/menu - Menu is subject to change based on product availability**	