



**Lunch 12:00 PM For reservations call Karen Stark at 518-937-5963 by 10:00 am the day before the meal.**

<p><b>Monday 2</b></p> <p><b>A. American Goulash</b> Dinner Salad Pasta <i>Wheat Bread</i> <i>Mandarin Oranges</i></p> <p><b>B. Chef Salad with Muenster Cheese, Ham, Egg &amp; Turkey</b> Romaine, Tomatoes, Carrots Ranch Dressing</p> <p><b>C. Baked Fish</b></p>	<p><b>Tuesday 3</b></p> <p><b>A. Hot Dog</b> Baked Beans Cole Slaw Hot Dog Bun Watermelon <i>Vanilla Ice Cream Cup</i></p> <p><b>B. Baked Fish</b></p>	<p><b>Friday 6</b></p> <p><b>BLT Bow Tie Pasta Salad w/ Chicken</b> Cucumber Radish Salad Pineapple Juice Wheat Bread Oatmeal Cookie</p>	<p><b>Monday 9</b></p> <p><b>A. Fish w/ Tomato Salsa</b> Rice Pilaf California Blend Vegetables Wheat Bread <i>Apple Juice</i> <i>Lemon Pudding</i></p> <p><b>B. Tuna Salad Sandwich on Wheat</b> Spinach Salad</p> <p><b>C. Baked Chicken Breast</b></p>
<p><b>Tuesday 10</b></p> <p><b>A. Macaroni &amp; Cheese</b> Seasoned Zucchini &amp; Tomatoes Dinner Roll <i>Pineapple Chunks</i></p> <p><b>B. Chicken Salad Sandwich on Wheat</b> Marinated Tomato &amp; Cucumber Salad</p> <p><b>C. Baked Fish</b></p>	<p><b>Friday 13</b></p> <p><b>A. Turkey Ruben Sandwich</b> Tomato Soup Rye Bread Mixed Berries w/ Whipped Cream</p>	<p><b>Monday 16</b></p> <p><b>A. Lasagna Roll-Ups w/ Marinara Sauce</b> Italian Blend Vegetables Wheat Bread <i>Tapioca Pudding</i></p> <p><b>B. Ham Salad Sandwich on Wheat Italian</b> Carrot Raisin Salad Orange Juice</p> <p><b>C. Baked Fish</b></p>	<p><b>Tuesday 17</b></p> <p><b>A. Oregano Lemon Chicken</b> Garlic Rosemary Potatoes California Blend Rye Bread <i>Cranberry Juice</i> <i>Applesauce Cake</i></p> <p><b>B. Soft Chicken Taco</b> Mexican ColeSlaw</p> <p><b>C. Baked Fish</b></p>
<p><b>Friday 20</b></p> <p><b>A. Peach Glazed Chicken</b> Mashed Sweet Potatoes Suatated Summer Squash Peaches Rye Bread Brownie</p> <p><b>C. Baked Fish</b></p>	<p><b>Monday 23</b></p> <p><b>A. Baked Fish w/ Tartar Sauce</b> Mashed Sweet Potato Cauliflower Dinner Roll <i>Chocolate Pudding</i></p> <p><b>B. Turkey Bacon BLT</b> Three Bean Salad Apple Juice Wheat Bread</p>	<p><b>Tuesday 24</b></p> <p><b>A. Turkey w/ Gravy</b> Mashed Potatoes Peas &amp; Carrots Wheat Stuffing <i>Applesauce Cake</i></p> <p><b>B. Roast Beef Sandwich</b> Lettuce &amp; Tomatoes Pickled Beet Salad Pineapple Orange Juice Rye Bread</p>	<p><b>Friday 27</b></p> <p><b>A. Roasted Pork Loin w/ Gravy</b> Scalloped Potatoes Carrots Rye Bread Cinnamon Applesauce</p> <p><b>C. Baked Fish</b></p>

	<b>C. Chicken</b>	<b>C. Baked Fish</b>	
<b>Monday 30</b>	<b>Tuesday 31</b>		
<b>A. Chicken Primavera</b> Pasta Wheat Bread Tropical Fruit Salad	<b>A. Sloppy Joe</b> Sautéed Summer Squash Roasted Red Potatoes Hamburger Bun Watermelon		
<b>B. BLT Pasta Salad w/ Chicken</b> V-8 juice	<b>B. Pita Sandwich w/ Chicken, Hummus, and vegetables</b> Sliced Cucumbers		
<b>C. Baked Fish</b>	<b>C. Baked Fish</b>		



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