



# Galveston

## Cycle 3, 2024 Final Menu

### August

Monday	Tuesday	Wednesday	Thursday	Friday
			8/1/2024	8/2/2024
 <p><b>TRIO</b> Community Meals</p> <p>Nourishment through compassionate care.</p>			Glazed Ham+ Lima Beans Okra and Tomatoes Cornbread Chocolate Chip Cookie Milk Margarine <i>724 Calories 967mg Sodium</i>	Coconut Chicken Jasmine Rice Ginger Carrots Wheat Bread Lemon Gelatin Milk <i>690 Calories 615mg Sodium</i>
	8/5/2024	8/6/2024	8/7/2024	8/8/2024
Polish Sausage+ Braised Lentils Cabbage Texas Bread Raisins Milk <i>883 Calories 1358mg Sodium</i>	Turkey Macaroni and Cheese* Green Peas Glazed Carrots Dinner Roll Graham Crackers Milk <i>677 Calories 811mg Sodium</i>	Creole Beef Chili Beans Spinach Wheat Bread Fresh Fruit Milk <i>684 Calories 1246mg Sodium</i>	BBQ Chicken Whipped Potatoes Catalina Vegetables Texas Bread Nutty Buddy Bar Milk <i>632 Calories 1289mg Sodium</i>	Swedish Beef Meatballs Parslied Penne Pasta Broccoli Wheat Bread Fresh Banana Milk <i>637 Calories 1357mg Sodium</i>
8/12/2024	8/13/2024	8/14/2024	8/15/2024	8/16/2024
Chicken Piccata Twice Whipped Potatoes Glazed Carrots Wheat Bread Fresh Fruit Milk <i>601 Calories 880mg Sodium</i>	Ham and Lima Beans+ Macaroni and Cheese Herbed Green Beans Wheat Bread Graham Crackers Milk <i>601 Calories 1128mg Sodium</i>	Hamburger Patty Shredded Lettuce/Pickles Baked Beans Hamburger Bun Hot Cinnamon Applesauce Milk Mustard and Ketchup <i>615 Calories 873mg Sodium</i>	Turkey Breast with Gravy* Lentils Diced Beets Dinner Roll  Birthday Cake Milk <i>653 Calories 1363mg Sodium</i>	Beef Chili with Beans Rice Spinach Texas Bread Fresh Fruit Milk <i>618 Calories 775mg Sodium</i>
8/19/2024	8/20/2024	8/21/2024	8/22/2024	8/23/2024
BBQ Pork Rib Patty+ Ranch Beans Parslied Carrots Texas Bread Fresh Fruit Milk <i>690 Calories 1203mg Sodium</i>	Meatloaf Brown Gravy Garlic Whipped Potatoes Green Beans Wheat Bread Oatmeal Cream Cookie Milk <i>658 Calories 721mg Sodium</i>	Parmesan Chicken Parslied Penne Pasta Broccoli Dinner Roll Nutty Buddy Bar Milk <i>674 Calories 1075mg Sodium</i>	Picadillo Beef Yellow Rice Cilantro Lime Corn Flour Tortilla Lime Gelatin Milk Taco Sauce <i>624 Calories 933mg Sodium</i>	Turkey and White Beans* Country Tomatoes Cabbage Cornbread Fresh Fruit Milk Margarine <i>669 Calories 544mg Sodium</i>
8/26/2024	8/27/2024	8/28/2024	8/29/2024	8/30/2024
Marinara Beef Meatballs Pasta Florentine Summer Vegetables Texas Bread Fresh Fruit Milk <i>612 Calories 1082mg Sodium</i>	Buffalo Chicken Corn O'Brien Cauliflower Wheat Bread Graham Crackers Milk <i>627 Calories 860mg Sodium</i>	Beef with Mushroom Gravy Rice Green Beans with Onions Wheat Bread Fresh Fruit Milk <i>629 Calories 908mg Sodium</i>	Baked Chicken with Gravy Mixed Beans Broccoli Dinner Roll Cherry Gelatin Milk <i>632 Calories 1047mg Sodium</i>	<b>Labor Day</b> Polish Sausage+ Baked Beans Coleslaw Hot Dog Bun Apple Cobbler Milk Mustard <i>983 Calories 1680mg Sodium</i>

\* - Turkey

+ - Pork

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