

The Rockwood

Dinner Menu – August 8th through August 12th, 2016

	Soup or Salad	Entrée	Sides	Dessert
Monday	-Minnesota Wild Rice -Citrus Salad	-Turkey Scallopini -Blackened Catfish -Heirloom Tomato on English Muffin	-Eggplant Parmesan -Couscous	-Summer Fruit Cake -Cup of Fruit -I.C.-Van/Choc/RR-Syrup -SF IC - Van/Choc - Syrup
Wednesday	-Black Bean Soup -Veggie & Sunflower Salad	-Salisbury Steak -Snapper Papilote -Chicken Caesar Wrap	-Triple Bean Medley -Fingerling Potatoes	-Triple Chocolate Cobbler -Cup of Fruit -I.C.-Van/Choc/RR-Syrup -SF IC - Van/Choc - Syrup
Thursday	-Chicken Vegetable -Kale & Slaw Salad	-Ham and Cheese Casserole -Baked Pollock -Meatball Sub	-Asparagus -Orzo Medley	-Coconut Chews -Cup of Fruit -I.C. - Van/Choc/RR - Syrup -SF IC - Van/Choc - Syrup
Friday	-Corn Chowder -Caesar Salad w/Herb Vinaigrette	-Spaghetti Puttanesca -Fried Calamari -Philly Cheese Steak	-Rst Baby Brussels Sprouts -Parmesan Crostini	-Marilyn's Key Lime Pie -Cup of Fruit -I.C. - Van/Choc/RR - Syrup -SF IC - Van/Choc-Syrup