



Month: August 2022

1		2		3	DWD	4	WALS	5		6	DWD	7	
Salad		Egg Salad Sandwiches		Salmon or Tuna Twirls w/ Lettuce added in Pg 146		Summer Squash Ratatouille Pg 78		Bagged Salad		Fish Tacos w/ Coleslaw Fish Pg 122		Roast Pork & Root Vegetables with Gravy	
8		9		10		11		12		13		14	SCB
Salad		Tacos (use L/O Pork) w/ Coleslaw		Bagged Salad		Pasta w/ C's Meaty Red Sauce & Salad		Fish Fillets, Tater Tots & Veggie Sticks		Pizza		Scalloped Meat w/ Salad Pg 64	
15	WALS	16		17		18	WALS	19		20		21	SCB
Sweet Corn Bisque Pg 58		Meatball Subs w/ Coleslaw		Salad		Rice, Corn and Dungeness Crab Cakes Pg 66		Parmesan Crusted Tilapia w/ Rice and Carrots		Bagged Salad		Beef Loaf, Corn Fritters & Salad Pgs 35, 59	
22		23		24		25		26		27		28	
Buttered Scallops w/ Angel hair pasta & Salad		Pizza		Leftovers		Taco Dip		Bagged Salad		Leftovers		---Gone----	
29		30		31									
-Camping---		--Farewell---		--Bend--->									

DWD - Date with a Dish

SCB--The Settlement Cook Book

WALS - Washington Local and Seasonal Cookbook