







August 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
1 Chicken & Rice Casserole Spring Mix Veg Mandarin orange Fruit blend 2% Milk 	2 Ham sandwich w/ lettuce, tomato Pickle Spear Potato Chips Peach and pear blend Monster Cookies 2% milk 	3 Roasted Lemon Pepper Chicken Mashed potato w/ gravy Peas and carrots Apple slice w/ dip Bread w/ margarine 2% milk 	4 Hot Dog & toppings Potato salad cottage cheese Jell O salad Fritos Cookies 2% milk 
10 Chicken Pillows Mixed veggie Peaches parfait Choc Crinkle Cookie 2% milk 	11 Hawaiian haystacks w/ rice & veg Chow mien noodles Tropical fruit Fortune Cookie 2% Milk 	12 BIRTHDAY LUNCH Salisbury Steak Mashed Potatoes & gravy Carrots Mandarin oranges Roll w/mar 2% Milk DOUG SINGING 	13 Philly Cheese w/ grilled onion, pepper Marinated garden salad Potato Chip Apple Cobblers 2% Milk 
15 Cook's Choice  	16 Turkey w/ stuffing & cranberry Beets Pear's w/ cottage cheese Oatmeal Cake Bread w/ margarine 2% Milk 	17 Pork roast Mashed potatoes & gravy Corn Fruit Cup Bread w/ margarine Tapioca pudding 2% milk OLD TIME FIDDLERS 	18 Chicken strips w/ chick filet sauce Tater tots Green Beans Pineapple & orange Salad Choc mousse pie 2% milk 
22 Chicken Cordon Bleu Scalloped potatoes Broccoli Fruit cocktail Roll w/Mar 2% milk 	23 Chicken strip salad w/ croutons Mandarin orange/ pineapple tidbits Cinnamon Roll 2% milk 	24 Pot Roast w/ carrots, potato, onion Vegetable Blend Peaches Whole wheat bread w/margarine Drop Sugar cookie 2% Milk 	25 Sweet and Sour Chicken w/ pepper and pineapple Fried Rice Stir Fry Vegetables Fruit salad White cake w/raspberry whip cream 2% milk 
29 Chicken Pot Pie w/ vegetables Side of peas & carrots Pears Bread pudding & sauce 2% Milk 	30 Soft Shell Ground Beef Taco w/ lettuce Tomato, onion, cheese Refried Beans Chips & Salsa Mandarin oranges 2% Milk 	31 Chicken Alfredo w/ noodles Vegetable Blend Bread Stick Pineapple upside down cake 2% Milk 	ZUMBA CLASS EVERY WEEK Monday 10:30, Wednesday 4:00 p.m. & Thursday 10:30 CALL JAN CHRISTENSEN @ 1-435-669-3097 FOR DETAILS

Menu Subject to Change and Substitutions
 PLEASE CALL 435-864-2682 NO LATER THAN 10:00 A.M. FOR LUNCH
 LUNCH IS SERVED AT 12:00 P.M. THANK YOU!

