

to

August 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
	1 Beef Enchilada Mexican rice Refried beans Peach and pear blend Monster Cookies 2% milk	2 Cranberry Russian Chicken Mashed potato w/ gravy Peas and carrots Apple slices Bread w/ margarine 2% milk	3 Stuffed Cabbage Side of vegetable Pears Bread pudding & sauce 2% Milk
7 Chicken Alfredo w/ noodles Spring Mix Veg Fruit blend Bread/mar 2% Milk	8 Salisbury Steak Mashed Potatoes & gravy Carrots Mandarin oranges Roll w/mar 2% Milk	9 Chicken Pillows Mixed veggie Peaches parfait Apple Crisp 2% milk	10 Philly Cheese w/ grilled onion, pepper Marinated garden salad Potato Chip Fruit Blonde Brownies 2% Milk
14 Cook's Choice	15 Pork roast Mashed potatoes & gravy Corn Fruit Cup Bread w/ margarine Tapioca pudding 2% milk	16 Turkey w/ stuffing & cranberry Beets Pear's w/ cottage cheese Jell O poke Cake Bread w/ margarine 2% Milk	17 Chicken strip salad w/ croutons Mandarin orange/ pineapple tidbits Cinnamon Roll 2% milk
21 Chicken Cordon Bleu Scalloped potatoes Broccoli Fruit cocktail Bread w/Mar 2% milk	22 Pot Roast w/ carrots, potato, onion Vegetable Blend Peaches Whole wheat bread w/margarine Choc mousse pie 2% Milk	23 Tater tot Casserole Green Beans Pineapple & orange Salad 2% milk	24 Egg Salad Sandwich Marinated vegetable Fruit salad White cake with raspberry whipped cream 2% milk
28 Soft Shell Ground Beef Taco w/ lettuce Tomato, onion, cheese Refried Beans Chips & Salsa Mandarin oranges 2% Milk	29 Chicken pot Pie w vegetables Side of peas and carrots Bread Stick Pineapple upside down cake 2% Milk	30 Roast Beef Mashed potato & gravy Green Beans Cottage cheese Jell O salad Cookies 2% milk	31 Hawaiian haystacks w/ rice & veg Chow mien noodles Tropical fruit Drop sugar cookies 2% Milk

Please call by 9:00 a.m. on the day you plan to eat thank-you

SUGGESTED DONATION SENIORS 60 AND OVER \$3.00
 UNDER 60 COST OF MEAL IS \$6.00

MENU SUBJECT TO CHANGE AND SUBSTITUTIONS