

AUGUST 2018 —Area Senior Center Menu

Lunch served at 11:30 am
Monday through Friday

SUN	MON	TUE	WED	THU	FRI	SAT
**All meals served with coffee/tea/milk			1 Chicken Alfredo Strawberry & Spinach Salad Green Beans Garlic Roll Apple	2 Ham & Cheese Sandwich Lettuce/Tomato Pasta Salad Frito Chips Watermelon	3 Chicken Strips Scalloped Potatoes Antiqua Vegetables Wheat Roll Banana	4
5	6 Chicken Fried Steak w/ Gravy Mashed Potatoes Mixed Vegetables Wheat Roll Sliced Peaches	7 Taco Salad, Meat, Cheese & Beans Lettuce & Tomato Pineapple Tostito Chips Ice cream	8 Teriyaki Chicken Asian Rice Broccoli Egg Roll Fruit	9 Turkey & Cheese Sandwich Cottage Cheese Potato Salad Mixed Fruit Choc Chip Cookie	10 Stuffed Peppers Scalloped Potatoes Buttered Peas Wheat Roll Apricots	11
12	13 Goulash Buttered Corn Green Beans Wheat Roll Rosy Applesauce	14 Sausage Patties Oven Hash Browns Orange Juice Biscuit & Gravy Cantaloupe	15 Sloppy Joe on Bun Potato Salad Coleslaw Peaches Ice cream bar	16 Oven Fried Chicken  Mashed Potatoes Peas & Carrots Wheat Roll Birthday Cake	17 Cook's Choice 	18
19	20 Baked Chicken Hominy Carrots Wheat Roll Sliced Pears	21 Spaghetti w/ Meat Sauce Green Leafy Salad Harvard Beets Whole Wheat Roll Peach Crisp	22 Ham & Beans or Potato Soup Spinach Oven hash browns Cornbread Applesauce	23 Chicken or Fish Sandwich Mac & Tomatoes Corn Wheat Bun Fruit	24 BBQ Pork on Bun Potato Salad Cottage Cheese Tomato Juice Fresh Grapes	25
26	27 Cheeseburger Baked Beans Roasted Pasta & Veggies Bun Bananas	28 Roast Pork Cali Blend Veggies Au gratin Potatoes Wheat Roll Cantaloupe	29 Swiss Steak or Liver w/ Onions Steamed Rice Broccoli Wheat Roll Apricots	30 Chicken & Dumplings Mashed Potatoes Peas & Carrots Wheat Roll Fruit Salad	31 Sliced Ham & Cabbage Green Beans Juice Corn Drop Biscuit Sliced Peaches	1