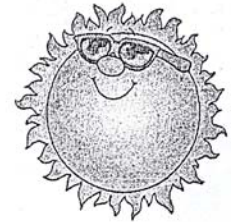

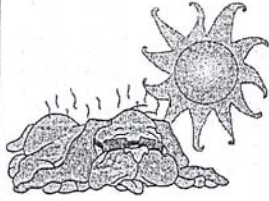


August 2017

Senior Wellness and Nutrition Program Menu



Reservations and cancellations must be made 24 hours in advance to the Site Manager

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Vegetable Lasagna w/ Alfredo Sauce Prince Edward Vegetables Wheat Roll Fresh Fruit	2 Baked Chicken Breast Mashed Potatoes Glazed Carrots Wheat Bread Pears	3 Swedish Meatballs over Noodles Capri Vegetables Apple Juice Rye Bread Blueberry Cake	4 Crab Salad on Croissant Lettuce & Tomato 3 Bean Salad Pineapple Tidbits
	7 Polish Sausage on a Bun German Potato Salad Peas & Carrots Mandarin Oranges	8 Cheeseburger on a Bun Lettuce & Tomato Macaroni Salad Capri Blend Vegetables Watermelon	9 Turkey Broccoli Divan Pepper Rice Cranberry Juice 12 Grain Bread Creamy Raspberry Dessert	10 Baked Ziti Tossed Salad w/ Dressing Italian Bread Fruit Cocktail
14 Fried Chicken Potato Salad Corn Dinner Roll Cinnamon Baked Apples	15 Italian Sausage w/Peppers & Onions on a Hot Dog Roll Potato Wedges Broccoli Salad Pineapple	16 Meatloaf Mashed Potatoes w/Gravy Peas Wheat Bread Tropical Fruit Salad	17 SENIOR FORUM/ PUBLIC HEARING All sites closed.	18 Potato Crusted Fish Baked Potato w/ Sour Cream Coleslaw Rye Bread Banana
21 Hot Dog on a Bun Tater Tots Baked Beans Pears	22 Sliced Roast Beef w/ Gravy Mashed Potatoes California Blend Vegetables Wheat Bread Mandarin Oranges	23 Macaroni & Cheese Stewed Tomatoes 12 Grain Bread Raspberry Peach Slices	24 Chicken Caesar Salad Fruit Punch Pull Apart Roll Strawberry Rhubarb Pie	25 Cream of Potato Soup Fish Sandwich on a Roll w/Lettuce & Tomato Fresh Fruit
28 Spaghetti & Meatballs Italian Blend Vegetables Garlic Bread Fruit Cocktail	29 Scalloped Potatoes & Ham Mixed Vegetables Cranberry Juice Rye Bread Pudding	30 Sliced Roast Turkey Cold Plate Pasta Salad Pickled Beets Roll Grapes	31 Country Fried Steak Mashed Potatoes Spinach 12 Grain Bread Pears	

All meals are served with 1/2 pint milk and margarine.
Menus are subject to change without notification.

ATTENTION:

Meals on Wheels Participants - Please call if you will NOT be home for your meal delivery.