

Senior Center & Congregate  
Nutrition Sites

| August 2024   |   |   |  |   |
|---|---|---|--|---|
| MONDAY  | TUESDAY   | WEDNESDAY   | THURSDAY   | FRIDAY  |
| <b>29</b><br>Cheeseburger<br>Green Beans<br>Roasted Potatoes<br>Pineapple Cup<br>Bun<br>Milk      | <b>30</b><br>Fried Chicken Tenders<br>Macaroni & Cheese<br>Mixed Vegetables<br>Orange Juice<br>Roll<br>Cookie<br>Milk | <b>31</b><br>Spaghetti &<br>Meatballs<br>Normandy Blend<br>Peaches<br>Roll<br>Milk                  | <b>1</b><br>Sliced Honey Ham<br>Yams<br>Peas<br>Applesauce<br>Wheat Roll<br>Milk                         | <b>2</b><br>Taco Bake<br>Rice & Black Beans<br>Mexican Corn<br>Pears<br>Tortilla<br>Milk              |
| <b>5</b><br>Fried Country Steak<br>Mashed Potatoes<br>Succotash<br>Apple Juice<br>Roll<br>Milk    | <b>6</b><br>Beef Tips<br>White Rice<br>Carrots<br>Pears<br>Biscuit<br>Cookie<br>Milk                                  | <b>7</b><br>Turkey Tetrazzini<br>Noodles<br>Peas and Carrots<br>Peaches<br>Roll<br>Milk             | <b>8</b><br>Smoked Sausage<br>Cabbage<br>Potatoes Au Gratin<br>Orange Cup<br>Wheat Roll<br>Milk          | <b>9</b><br>Chicken Stir Fry<br>Oriental Vegetables<br>Rice<br>Hot Cinnamon<br>Apples<br>Roll<br>Milk |
| <b>12</b><br>Cheese Manicotti<br>w/ Marinara Sauce<br>Broccoli<br>Applesauce<br>Soft Roll<br>Milk | <b>13</b><br>Herbed Chicken<br>Wild Rice<br>Field Peas<br>Peaches<br>Wheat Roll<br>Cookie<br>Milk                     | <b>14</b><br>Roasted Pork<br>Mashed Potatoes<br>Green Beans<br>Pears<br>Roll<br>Milk                | <b>15</b><br>Swedish Meatballs<br>Green Peas & Carrots<br>Rice<br>Hot Cinnamon<br>Apples<br>Roll<br>Milk | <b>16</b><br>Fried Chicken<br>Cream Corn<br>Greens<br>Cranberry Juice<br>Corn Bread<br>Milk           |
| <b>19</b><br>BBQ Pork<br>Baked Beans<br>Cabbage<br>Apple Juice<br>Bun<br>Milk                     | <b>20</b><br>Sweet & Sour Chicken<br>With Lo Mein<br>Normandy Blend<br>Pears<br>Roll<br>Cookie<br>Milk                | <b>21</b><br>Salisbury Steak<br>Roasted Potatoes<br>Green Beans<br>Applesauce<br>Wheat Roll<br>Milk | <b>22</b><br>BBQ Chicken<br>Fiesta Rice<br>Mixed Vegetables<br>Peaches<br>Roll<br>Milk                   | <b>23</b><br>Penne w/Meat<br>Sauce<br>Mixed Squash<br>Apples<br>Garlic Bread<br>Milk                  |
| <b>26</b><br>Cheeseburger<br>Green Beans<br>Roasted Potatoes<br>Pineapple Cup<br>Bun<br>Milk      | <b>27</b><br>Fried Chicken Tenders<br>Macaroni & Cheese<br>Mixed Vegetables<br>Orange Juice<br>Roll<br>Cookie<br>Milk | <b>28</b><br>Spaghetti &<br>Meatballs<br>Normandy Blend<br>Peaches<br>Roll<br>Milk                  | <b>29</b><br>Sliced Honey Ham<br>Yams<br>Peas<br>Applesauce<br>Wheat Roll<br>Milk                        | <b>30</b><br>Taco Bake<br>Rice & Black Beans<br>Mexican Corn<br>Pears<br>Tortilla<br>Dessert<br>Milk  |

Meals are served at 12 noon (Monday – Friday). Volunteer contributions for meals are appreciated and allows the agency to purchase additional meals. Eligible seniors are given priority with the meal service. A guest may purchase a meal (if available) for the cost of \$6.00. Meals must be eaten at the site.