

August 2022  
Congregate Meal Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b> 1/2 cup Chicken Taco Salad 1/2 cup Spanish Rice 1/2 cup Corn Tortilla Chips 1 cup Lettuce & Tomato 1/2 cup Pineapple Delight	<b>2</b> Homestyle Pot Roast w/ Gravy 1/2 cup Mashed Potatoes 1/2 cup Coin Carrots 1 White Bread Cookie	<b>3</b> 1/2 cup Chicken & Gravy 1/2 cup Vegetable Rice Pilaf 1/2 cup Green Beans 1 Wheat Bread Seasonal Fresh Fruit	<b>4</b> Penne & Meatballs (4) 3/4 cup Pasta w/ Marinara Sauce 1 cup Tossed Salad 1 Garlic Breadstick 1/2 cup Mixed Fruit Salad	<b>5</b> <b>Bagged Lunch</b> Ham & Swiss Sandwich w/ Lettuce & Tomato Coleslaw Pasta Salad Fresh Fruit Iced Tea
<b>8</b> Stadium Hotdog 2 oz Sauerkraut 1/2 cup Cheesy Potatoes 1 Hotdog Roll 1/2 cup Pineapples & Mandarin Oranges	<b>9</b> 1 cup Baked Cabbage Casserole w/ 2 oz Tomato Sauce 1/2 cup Garlic Whipped Potatoes 1/2 cup Carrots 1 Dinner Roll Birthday Cake	<b>10</b> 1/2 cup Warm Roast Beef w/ Cheddar 1/2 cup Buttered Noodles 1/2 cup Corn Seasonal Fresh Fruit 1 Sandwich Roll	<b>11</b> Salisbury Steak with Gravy Baked Potato w/ Sour Cream 1/2 cup Green Beans 1 Wheat Bread 1/2 cup Gelatin	<b>12</b> <b>Bagged Lunch</b> Turkey Sandwich Lettuce & Tomatoes Potato Salad Fresh Seasonal Fruit Wheat Bread Lemonade
<b>15</b> Pineapple-Glazed Ham 1/2 cup Sweet Potatoes 1/2 cup Carrots 1 Wheat Bread 1/2 cup Sliced Pears	<b>16</b> 1/2 cup Fresh Egg Salad Lettuce & Tomato 1/2 cup Macaroni Salad 1/2 cup Beets 2 Wheat Bread 1/2 cup Cinnamon Applesauce	<b>17</b> 1/2 cup Roasted Pulled Turkey w/ Gravy 1/2 cup Mashed Potatoes 1/2 cup Corn 1 Wheat Bread 1 Cookie	<b>18</b> 1/2 cup Hearty Beef Stroganoff 1/2 cup Buttered Noodles 1/2 cup Peas 1 Dinner Roll Seasonal Fresh Fruit	<b>19</b> <b>Bagged Lunch</b> Roast Beef w/ Cheese Broccoli Salad Fruit Juice Cookie Iced Tea Bread
<b>22</b> 1/2 cup BBQ Chicken Strips 1/2 cup Vegetable Rice Pilaf 1/2 cup Corn 1/2 cup Sliced Apples 1 Cookie	<b>23</b> Meatball Hoagie (4) 1/2 cup Parmesan Noodles 1/2 cup Green Beans 1 Sandwich Roll Seasonal Fresh Fruit	<b>24</b> 1 cup Stuffed Pepper Casserole 1/2 cup Garlic Whipped Potatoes 1/2 cup Coin Carrots 1 White Bread Fresh Fruit	<b>25</b>  Chef Salad 1 cup Mixed Greens w/ Ham, Tomato, Cheddar, 1/2 Egg 1/2 cup Three Bean Salad 1 Dinner Roll 1/2 cup Warm Peach Crumble <b>Party Day &amp; Ice Cream Social</b>	<b>26</b> <b>Bagged Lunch</b> Chicken Salad Sandwich Lettuce & Tomatoes Macaroni Salad Pickled Beets Fresh Fruit 1 Cookie Iced Tea
<b>29</b> Baked Meatloaf w/ Gravy 1/2 cup Ranch Potatoes 1/2 cup Beets 1 White Bread Seasonal Fresh Fruit	<b>30</b> 1/2 cup Sweet & Sour Chicken w/ 2 oz Sauce 1/2 cup White Rice 1/2 cup Green Beans 1 Wheat Bread 1/2 cup Mixed Fruit	<b>31</b> Glazed Ham w/ Raisin Sauce 1/2 cup Sweet Potatoes 1/2 cup Peas & Carrots 1 Dinner Roll 1/2 cup Pudding	Ice Cream Social Sponsored by:  Your Health Advocates. 	

\*Menu Subject to Change due to supply shortages out of our control.

\*\*\* Served daily: Milk and Margarine

Meals are served Mondays - Fridays from 11:30 am - 12 pm in the front office for "takeout lunch" & at noon in the cafeteria for "regular lunch". All members are eligible to sign up! Must preregister by **7 am** the day prior to coming into the center. Sign up on Copilot or by leaving a message on the machine at 717.225.0733 ext 105.