

## August 2022 Congregate Meal Menu

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

\*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.