

## August 2021 Congregate Meal Menu

Monday	Tuesday	Wednesday	Thursday	Friday
2 Beef Burgundy 1/2 cup Bowtie Noodles 1/2 cup Coin Carrots Wheat Bread Fresh Orange	3 Grilled Chicken Caesar Salad Mixed Greens (Diced Chicken, Parmesan, Tomato, Croutons) Three Bean Salad Whole Grain Dinner Roll 1/2 cup Mixed Fruit	4 Chili Cheese Hotdog (2 oz Chili, 0.5 oz Cheddar) 1/2 cup Baked Potato 1/2 cup Green Beans Hotdog Roll 1/2 cup Cinnamon Applesauce	5	6
9 BBQ Glazed Turkey Burger w/ Cheddar Broccoli Salad Sandwich Roll Fresh Fruit	10 <b>York County Birthday Special</b> Taco Salad (3 oz Meat & Cheddar Cheese) 1 cup Tossed Salad with Tomato 1/2 cup Corn & Black Bean Salad Nacho chips, taco sauce, sour cream Cookie	11 Baked Meatloaf w/ 2 oz Gravy 1/2 cup Mashed Potatoes 1/2 cup Cream Corn Wheat Bread 1/2 cup Pudding	12	13
16 Salisbury Steak with Gravy 1/2 cup Cheddar Whipped Potatoes 1/2 cup Corn & Pimentos White Bread 1/2 cup Pears	17 Potato Crusted Fish 1/2 cup Cheesy Potatoes 1/2 cup Italian Green Beans Wheat Bread Fresh Fruit	18 Chicken Marsala with 2 oz Gravy 1/2 cup Bowtie Noodles 1/2 cup Brussel Sprouts Wheat Bread 1/2 cup Mixed Fruit	19	20
23 Cheeseburger 1/2 cup BBQ Butterbeans 1/2 cup Macaroni Salad Sandwich Roll Fresh Cantaloupe	24 Parmesan Chicken over 3/4 cup Lemon Asparagus Pasta 1 cup Tossed Salad w/ Tomatoes & Dressing Italian Bread 1/2 cup Applesauce	25 Pot Roast 1/2 cup Whipped Potatoes w/ Gravy 1/2 cup Carrots Wheat Bread 1/2 cup Sliced Pears	26	27
30 Roasted Pork w/ Mushroom Sauce 1/2 cup Vegetable Rice Pilaf 1/2 cup Green Beans Wheat Bread 1/2 cup Pineapple Delight	31 Sweet Sausage Minestrone (Peppers, Onions, Zucchini, Tomatoes) Over 3/4 cup Bowtie Noodles 1 cup Tossed Salad w/ Cucumber & Dressing Whole Grain Dinner Roll Fresh Watermelon			

\*Menu Subject to Change

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

Sign up for meals on Copilot ([community.copilot21.com](http://community.copilot21.com)) or by calling in to Nancy. Meals are served Mondays - Wednesdays from 11:30 am - 12:30 pm in the drive-thru line by the loading dock on the side of the building. All members are eligible to sign up! Must preregister two days prior. We are now serving congregate meals inside for a limited number of members. Sign up on Copilot for "Regular Lunch" to reserve your spot inside.