

August 2019 Monday	Congregate Meal Program Tuesday	Suggested Donation \$2.25 Wednesday	Thursday	Friday
			1) Egg Salad w/lettuce leaf, chickpea salad, coleslaw, chilled pears & white bread Cal: 586; Sod: 928	2) Chicken Fajita w/rice w/beans, corn, vanilla pudding & whole grain tortilla Cal: 786; Sod: 684
5) Salmon w/dill sauce, shipped potato, Blend Veggie, Brownie & multigrain bread Cal: 697; Sod:756	6) Tarragon Chicken Salad w/Ditalini pea salad, tomato & cuke salad, cantaloupe & hot dog roll. Cal: 795; Sod: 886	7) Vegetable Pinwheel w/marinara sauce, kale & white bean soup, crackers, mixed fruit & oatmeal bread. Cal: 738; Sod: 1030	8) BBQ Chicken w/mac & cheese, coleslaw, chilled pineapple & corn bread Cal: 785; Sod: 1078	9) Steak & Cheese w/ summer squash blend, sweet potato fries, yogurt & juice & sub roll Cal: 730; Sod: 920
12) Breaded Chicken Drumstick w/green beans, broccoli cheddar soup, crackers, Jell-O & multi-grain bread. Cal: 650; Sod: 964	13) American Chop Suey w/spinach, mixed green salad, house dressing, fresh fruit & snack n loaf Cal: 1052; Sod: 807	14) Seafood Salad w/pasta salad, tomato & chick pea salad, cantaloupe & wheat bread. Cal: 861; Sod: 1068	15) Beef Stew w/cheddar whipped potato, sugar cookie & biscuit Cal: 904; Sod: 862	16) Chicken Cordon Blu w/ supreme sauce, wild rice blend, brussel sprouts, mandarin oranges & oatmeal bread. Cal: 572; Sod: 805
19) Pulled Pork w/mustard BBQ sauce, southern greens, mashed potatoes, coconut cake & wheat roll Cal: 760; Sod: 1150	20) Chicken Piccata w/ pasta, tossed salad, dressing, chilled peaches & Vienna bread Cal: 814; Sod: 734	21) Stuffed Shells w/marinara sauce, hearty veggie soup, crackers, roasted cauliflower, yogurt & juice & oatmeal bread. Cal: 754; Sod: 1324	22) Turkey Cran Apple Salad w/lettuce, beet salad, potato salad, honey dew & pita bread. Cal: 572; Sod: 799	23) Beef & Broccoli w/ fried rice, carrots, mandarin oranges & white bread. Cal: 978; Sod: 804
26) Honey Balsamic Chicken w/rice pilaf, green beans, strawberry cup, wheat bread. Cal: 681; Sod: 740	27) Salisbury Steak w/ gravy, sweet potato hash, broccoli, lemon cake & dinner roll Cal: 874; Sod: 1388	28) Turkey Pot Pie w/whipped potatoes, vanilla pudding & multi-grain bread Cal: 748; Sod: 1142	29) Beef Hot Dog w/ mustard, relish, baked beans, coleslaw, mandarin oranges, hot dog roll Cal: 773; Sod: 1328	30) Cobb Salad w/ dressing, potato salad, Veggie minestrone, crackers, cantaloupe & snack n loaf Cal: 748; Sod 998