

# August 2022

Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
Chicken Fried Steak	Roast Turkey	Spaghetti & Meat Sauce	Tangy Baked Chicken	Spinach Salad
Mashed Potatoes	Duchess Potatoes	Lettuce Salad	Baked Potato w/ Sour Cream	Minestrone Soup
Spinach	Brussels Sprouts	Fruit Cocktail	Green Beans	Breadstick
Cinnamon Applesauce	Plums	Garlic Bread Stick	Cherry Fruit Salad	Cantaloupe
	Pineapple Upside Down Cake	Peanut Butter Crispy Bar		Lemon Square
<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>
Pineapple Glazed Pork Chop	German Meatloaf	Taco Salad	Oven Fried Chicken	French Toast Bake
Garden Rice Blend	Roasted Red Potatoes	Tortilla Chips	Mashed Potatoes & Gravy	Western Omelet
Cucumber & Onion Salad	Mixed Vegetables	Salsa	Brussels Sprouts w/Cheese	Fruited Yogurt
Apricots	Applesauce	Fiesta Corn	Spiced Peaches	Banana Orange Salad
Whole Wheat Roll		Strawberries	Blondie Bar	
		Pound Cake		
<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>
Tuna Casserole	Deli Meat Sandwich	Steak in Brown Gravy	BBQ Roast Pork Sandwich	Gazpacho
Peas & Carrots	Vegetable Soup	Whipped Potatoes	Sweet Potato Fries	Grilled Cheese Sandwich
Mixed Berries	Crackers	Spinach Salad	3 Bean Salad	Mandarin Oranges
Chocolate Pudding/Topping	Fruit Salad	Apple	Strawberries	Brownie
	Rhubarb Crisp			
<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>
Stuffed Pepper Casserole	Baked Fish Sandwich	Roast Beef	Turkey Burger on Bun	Tossed Salad w/ Grilled Chicken
Carrots	Mac-N-Cheese	Mashed Potatoes & Gravy	Lettuce & Tomato	Fresh Cauliflower
Grapes	Asparagus	Brussels Sprouts	Potato Salad	Watermelon
Whole Wheat Roll	Spiced Apricots	Peaches	Melon Cup	Breadstick
		M&M Cookie		
<b>29</b>	<b>30</b>	<b>31</b>		
Scalloped Potatoes and Ham	Cheese Tortellini	Hamburger Cabbage Casserole		
Mixed Vegetables	Broccoli	Green Beans		
Fruit Cocktail	Fruit Cup	Strawberry Whip		
Butterscotch Pudding	Garlic Bread	Orange		



Stephanie Labenz MS, RD, LD

Milk offered with all meals and equals one carb choice. All meals meet 1/3 of the Recommended Dietary Allowances (RDA) for older adults.