

# 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	Egg Salad Sandwich
Mashed Potatoes	Sweet Potatoes	Lettuce Salad	Diced Potatoes w/ Sour Cream	Pasta Salad
Spinach	Peas	Peaches	Green Beans	Cantaloupe
Cinnamon Applesauce	Pineapple Upside Down Cake	Garlic Bread Stick	Cherry Fruit Salad	Cookie
		Peanut Butter Crispy Bar		
<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>
Pineapple Glazed Pork Chop	Meatloaf	Taco Casserole	Oven Fried Chicken	Biscuits & Gravy
Garden Rice Blend	Roasted Red Potatoes	Fiesta Corn	Mashed Potatoes & Gravy	Egg Casserole
Cucumber & Onion Salad	Mixed Vegetables	Strawberry Poke Cake	Brussels Sprouts w/Cheese	Fruited Yogurt
Applesauce	Apricots		Spiced Peaches	Banana Orange Salad
Whole Wheat Roll			Blondie Bar	
<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>
Steak in Brown Gravy	1/2 Deli Meat Sandwich	Tuna Noodle Casserole	BBQ Roast Pork Sandwich	Ham Sandwich
Whipped Potatoes	Vegetable Soup	Peas & Carrots	Seasoned Potatoes	w/Cheese & Lettuce
French Cut Green Beans	Crackers	Grapes	Baked Beans	Potato Salad
Apple	Fruit Crisp	Whole Wheat Roll	Pears	Mandarin Oranges
				Brownie
<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>
Baked Fish Sandwich	Stuffed Pepper Casserole	Salisbury Steak	Cheeseburger on Bun	Tossed Salad
Mac-N-Cheese	Carrots	Mashed Potatoes & Gravy	BLT Salad	w/Grilled Chicken & Croutons
Asparagus	Grapes	California Normandy Vegetables	Mixed Fruit	Fresh Cauliflower
Spiced Apricots	Whole Wheat Roll	Peaches	Cookie	Watermelon
		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	Spiced Apples	Strawberry Whip		
Butterscotch Pudding	Garlic Bread	Orange		
				 Stephanie Labenz MS, RD, LD

AdultLife Community Center for Adults 60+ ♦ (515) 462-1334

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

Menus may change without notice due to supply availability from our food vendors.