





August 2016 MENUS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2	3	4	5
Hot Pork Sandwich (w/ WW Bread and Potatoes w/Gravy) Carrots & Broccoli Oatmeal Raisin Bar	COOK'S CHOICE	Creamed Chicken Buttermilk Biscuit Stewed Tomatoes Strawberry Rhubarb Raisin Crisp Orange juice	Hearty Veg Beef Soup Corn Bread Banana Half Cinnamon Apples w/Crunchy Topping	Salisbury Ground Beef Baked Potato Mixed Vegetables or Mixed Vegetable Salad Peach Crisp
8	9	10	11	12
Golden Baked Chicken Scalloped Potatoes Harvard Beets Sunshine Salad WW Roll	 BBQ Pork on WW Bun California Blend or Chop-Chop Salad Potato Salad Peaches	Roast Turkey Potatoes/gravy Cooked Cabbage Strawberries OJ	Crunchy Pollock Sweet Potato Wedges Corn, Bean, Broccoli Salad Pineapple Crunch Fresh Apple	Swiss Style Gr. Beef Baked Potato Triple Salad Blushing Pears
15	16	17	18	19
Taco Salad Corn Salad Plums Royal Brownie Tomato Juice	Chicken Noodle Casserole Brussel Sprouts Apricots Pumpkin Custard OJ	Crunchy Baked Fish Parsleyed Potatoes Creamed Peas Fruit Cup Yogurt Dip	Pork Loin Chop Potatoes/Gravy Squash WW Roll Apple Crisp	COOK'S CHOICE
22	23	24	25	26
 Crab or Tuna Salad Potato Salad Carrot Grape Salad Cranberry/Pear Crisp WW Roll	Shepherd's Pie Asparagus Apple Raisin Salad Royal Brownie WW Bread	Baked Chicken Baked Potato Three Bean Salad Peaches Tomato Juice	Roast Beef Potatoes w/ Gravy Carrots & Broccoli Applesauce Jello Orange slices	Chicken Rice Casserole Beets or Layered Lettuce Hot Fruit Compote Chocolate Chip Bar OJ
29	30		Each Meal Includes:	
COOK'S CHOICE	Lemon Herb Chicken Rice Pilaf Broccoli Strawberries & Bananas Tomato Juice	Sloppy Joe on WW Bun Potato Wedges Brussel Sprouts with Cranberries Tapioca Pudding	* 1/3 of the Required Daily Amounts (RDA) for persons age 70+ *Milk * Condiments as appropriate Sodium >800mg 	 <i>Amy B Jones MS RON LDN</i>