





August 2017 MENUS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2	3	4	
	Hearty Veg Beef Soup Corn Bread Banana Half Cinnamon Apples w/Crunchy Topping	Creamed Chicken Buttermilk Biscuit Green Beans Strawberry Rhubarb Raisin Crisp OJ	COOK'S CHOICE	Salisbury Ground Beef Baked Potato Mixed Vegetables or Mixed Vegetable Salad Peach Crisp
7	8	9	10	11
Crunchy Pollock Sweet Potato Wedges Corn, Bean, Broccoli salad Pineapple Crunch Tomato Juice	Roast Turkey Potatoes/gravy Creamed Asparagus Strawberries OJ	 BBQ Pork on WW Bun California Blend or Chop-Chop Salad Potato Salad Banana half	Golden Baked Chicken Scalloped Potatoes Harvard Beets Sunshine Salad WW Roll	Swiss Style Gr. Beef Baked Potato Triple Salad Blushing Pears
14	15	16	17	18
Liver & Onions or Beef Patty Mashed Potatoes and Gravy Mixed Vegetable WW Roll Mixed Fruit	Crunchy Baked Fish Parsley Potatoes Creamed Peas Fruit Cup with Dip	Chicken Noodle Casserole Brussel Sprouts Apricots Pumpkin Custard OJ	Pork Loin Chop Potatoes/Gravy Squash WW Roll Apple Crisp	Taco Salad Corn Salad Plums Royal Brownie Tomato Juice
21	22	23	24	25
 Crab or Tuna Salad Carrot Grape Salad Cranberry/Pear Crisp WW Roll	Chicken Rice Casserole Beets or Layered Lettuce Hot Fruit Compote Chocolate Chip Bar OJ	Roast Beef Potatoes w/ Gravy Carrots & Broccoli Applesauce Jello Orange Wedges	Shepherd's Pie Asparagus Apple Raisin Salad Royal Brownie WW Bread	Baked Chicken Baked Potato Three Bean Salad Peaches Tomato Juice
28	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+ * Skim or 1% milk *Condiments as appropriate Sodium > 800mg  <i>Amy B Jones MS RDN LDN</i>	