

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> | |