

# August 2019

Monday	Tuesday	Wednesday	Thursday	Friday
To Reserve or Cancel a Meal, Call 792-7102 or Toll Free 1-866-942-7102 Please remember to call!			<b>1</b> <b>Cook's Choice</b> Crispy Chicken Sandwich Fries Kidney Bean Salad Orange Dessert	<b>2</b> Chicken and Rice Soup 1 Spinach Salad .5 Roll 1 Melon 1 Lemon Square 1.5
<b>5</b> Meatloaf Duchess Potatoes 1 Mixed Vegetables .5 Cinnamon Applesauce 1 Peanut Butter Cookie 1	<b>6</b> Pineapple Glazed Pork Chop Garden Rice Blend 2 Cucumber & Onion Salad Tropical Fruit 1 Roll 1	<b>7</b> Taco Salad 0.5 Tortilla Chips 0.5 Salsa Fiesta Corn 1 Strawberries 1 Cake 1.5	<b>8</b> Oven Fried Chicken Mashed Potatoes & Gravy1 Brussels Sprouts w/Cheese Spiced Peaches 1 Chocolate Chip Cookie 1	<b>9</b> Egg & Ham Casserole 1 Muffin 1 Fruited Yogurt 2 Banana Orange Salad 1
<b>12</b> Tuna Casserole 1 Peas & Carrots 1 Mixed Berries 1 Chocolate Pudding/Topping 1	<b>13</b> Deli Meat Sandwich 1.5 Minestrone Soup 1 Crackers 1 Fruit Salad 1 Rhubarb Crisp 2	<b>14</b> Salsbury Steak Whipped Potatoes & Gravy 1 Spinach Salad Apple 1 Pumpkin Bar 1.5	<b>15</b> BBQ Roast Pork Sandwich 1.5 Sweet Potato Fries 1.5 3 Bean Salad 1 Strawberries 1 Oatmeal Raisin Bar 1.5	<b>16</b> <b>Cook's Choice</b> Chef Salad Pickled Beets Cake Banana
<b>19</b> Baked Fish Sandwich 1 Mac-N-Cheese 1 Asparagus Mixed Fruit 1 Pudding 1	<b>20</b> Stuffed Pepper Casserole 1 Zucchini Grapes 1 Carrot Cake 1.5	<b>21</b> Grilled Chicken on Bun 1 Lettuce & Tomato Potato Salad 2 Melon Cup 1 Apple Crisp 1.5 <b>BIRTHDAY DAY</b>	<b>22</b> Roast Beef Mashed Potatoes & Gravy 1 Brussels Sprouts Peaches 1 M&M Cookie 1	<b>23</b> Tossed Salad w/ Grilled Chicken Peas (on salad) Orange 1 Cherry Cobbler 2 Roll 1
<b>26</b> Crispy Chicken Patty 0.5 Mashed Potatoes 1 Spinach Cinnamon Applesauce 1	<b>27</b> Salmon Loaf California Blend Vegetables Parslied Potatoes 1 Creamy Fruit Salad 1.5 Blueberry Bar 1	<b>28</b> Egg Salad Sandwich 2 Chips 1 Carrot Raisin Salad 0.5 Banana 2 Oatmeal Cookie 1	<b>29</b> Spaghetti & Meat Sauce 1 Lettuce Salad Fruit Cocktail 1 Roll 1 Peanut Butter Bar 1	<b>30</b> Roast Turkey Whipped Potatoes & Gravy 1 Brussels Sprouts Orange 1 Cake 2.5

\*Salt shaker indicates meals that are above 800 mg of sodium.

  
Stephanie Labenz, 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. The number by the meal represents the carbohydrate choice count. One carbohydrate is 15 grams which equals 1 choice.