





# August 2018

Monday	Tuesday	Wednesday	Thursday	Friday
<b>TO RESERVE OR CANCEL</b>		<b>1</b>	<b>2</b>	<b>3</b>
<b>A MEAL CALL</b>		Spaghetti & Meat Sauce 1	Hamloaf with Glaze .5	Tuna Salad Sandwich 2
<b>641-792-7102</b>		Lettuce Salad	Baked Potato w/ Sour Cream 2	Chips 1
<b>Toll Free 1-866-942-7102</b>		Fruit Cocktail 1	Green Beans	Coleslaw .5
		Garlic Bread 1	Cherry Fruit Salad 1.5	Banana 2
		Rice Crispy Bar 1		Lemon Bar 1.5
<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>
Meatloaf	Pork Chop 1.5	Cold Chicken Taco Salad 0.5	Oven Fried Chicken	<b>Cook's Choice</b>
Potatoes 1	Garden Rice Blend 2	Tortilla Chips 0.5	Mashed Potatoes & Gravy 1	Hot Dog
Mixed Vegetables 1	Cucumber & Onion Salad	Salsa	Brussels Sprouts w/Cheese	Baked Beans
Cinnamon Applesauce 1	Apricots 1	Fiesta Corn Salad 1	Spiced Peaches 1	Coleslaw
Blueberry Cake 1	Whole Wheat Roll 1	Strawberries 1	Blondie Bar 1.5	 Granola Bar
		Cake 2		Mixed Fruit
<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>
Tuna Casserole 1	Deli Meat Sandwich 1.5	Steak in Brown Gravy	BBQ Pork Sandwich 1.5	Liver & Onions
Lima Beans 1.5	Minestrone Soup 1	Whipped Potatoes 1	Sweet Potato 1.5	Potatoes 1
Mixed Fruit 1	Crackers 1	Spinach	3 Bean Salad 1	Broccoli
Butterscotch Pudding/Topping 1.5	Fruit Salad 1	Apple 1	Strawberries 1	Mandarin Oranges 1
	Blueberry Crisp 2	Pumpkin Bar 1.5	Oatmeal Raisin Cookie 1.5	Brownie 2
				Whole Wheat Roll 1
<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>
Roast Beef	Baked Fish Sandwich 1	Smothered Pork Chop	Hamburger on Bun 1	Tossed Salad w/Grilled Chicken .5
Mashed Potatoes & Gravy 1	Mac-N-Cheese 1	Cheesy Texas Potatoes 2	Lettuce & Tomato	Cauliflower
Brussels Sprouts	Asparagus	Peas 1	Potato Salad 2	Orange 1
Peaches 1	Spiced Apricots 1	Grapes 1	Melon Cup 1	Cherry Cobbler 2
Cookie 1	Raisin Bar 1.5	Rosy Pears 1	 Apple Cobbler 2	Roll 1
<b>27</b>	<b>28 Cook's Choice</b>	<b>29</b>	<b>30</b>	<b>31</b>
Beef Patty	Biscuits & Gravy	Egg Salad on Bread 2	Roast Turkey	<b>Cook's Choice</b>
Mashed Potatoes 1	Hardboiled Egg	Whole Grain Crackers 1	Duchess Potatoes 1	Broccoli Cheese Soup w/Ham
Spinach	Hashbrown Casserole	Carrot Raisin Salad .5	Brussels Sprouts	Mixed Vegetables
Cinnamon Applesauce 1	Tomatoes	Banana 2	Plums 1	 Peaches
Mandarin Oranges 1	 Granola Bar	Oatmeal Cookie 1	Pineapple Upside Down Cake 2.5	Crackers
	Apple			<b>EXTRA LUNCH FOR SEPT. 3</b>

\*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.