

# August 2021

Monday	Tuesday	Wednesday	Thursday	Friday
<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
Beef Patty	Roast Turkey	Spaghetti & Meat Sauce	Baked Chicken	Minestone Soup
Mashed Potatoes	Duchess Potatoes	Lettuce Salad	Baked Potato w/ Sour Cream	Spinach Salad
Spinach	Brussels Sprouts	Fruit Cocktail	Green Beans	Breadstick
Cinnamon Applesauce	Apricots	Garlic Bread	Cherry Fruit Salad	Melon
	Pineapple Upside Down Cake	Cookie		Lemon Square
<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>
Meatloaf	BLT Sandwich	Taco Salad	French Toast Bake	Oven Fried Chicken
Potatoes	Cucumber Salad	Tortilla Chips	Western Egg Bake	Mashed Potatoes & Gravy
Mixed Vegetables	Chips	Salsa	Fruited Yogurt	Brussels Sprouts w/Cheese
Applesauce	Mixed Fruit	Fiesta Corn	Banana Orange Salad	Spiced Peaches
Peanut Butter Cookie	Strawberry Cheesecake Jello	Strawberry Shortcake		Chocolate Chip Cookie
	<b>Cook's Choice</b>			
<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>
Tuna Casserole	Ham Salad Sandwich	Steak in Brown Gravy	BBQ Roast Pork Sandwich	Beef Stew
Peas & Carrots	Vegetable Soup	Whipped Potatoes	Sweet Potato Fries	Green Beans
Mixed Berries	Crackers	Spinach Salad	3 Bean Salad	Biscuits
Pudding/Topping	Fruit Salad	Apple	Strawberries	Mandarin Oranges
	Strawberry Rhubarb Crisp	Pumpkin Bar	Oatmeal Raisin Cookie	Brownie
<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>
Fish Sandwich	Stuffed Pepper Casserole	Roast Beef	Tomato Soup	Chef Salad w/Grilled Chicken
Mac-N-Cheese	Zucchini	Mashed Potatoes & Gravy	Vegetable Pizza	Cherry Cobbler
Asparagus	Grapes	Brussels Sprouts	Melon	Roll
Spiced Apricots	Dinner Roll	Peaches	Dessert	Breakfast Bar
	Carrot Cake	M&M Cookie		
			<b>Cook's Choice</b>	
<b>30</b>	<b>31</b>			
Scalloped Potatoes and Ham	Hamburger Cabbage Casserole	Monroe and Colfax Congregate	<b>TO CANCEL YOUR MEAL, CALL 641-792-7102. MEALS WILL NOT BE LEFT IF YOU ARE NOT HOME.</b>	 Stephanie Labenz MS, RD, LD
Mixed Vegetables	Green Beans	Sites re-open Monday, Aug 2		
Fruit Cup	Strawberry Whip	Prairie City Drop-off Site		
Butterscotch Pudding	Orange	re-opens Tuesday , Aug 3 (Tues & Thurs only)		

Milk offered with all meals and equals one carb choice. All meals meet 1/3 of the Recommended Dietary Allowances (RDA) for older adults.