



SENIOR LUNCH MENU



August 2017



Monday	Tuesday	Wednesday	Thursday	Friday
	1 Meatloaf, Fresh Mashed Potatoes, Cheesy spinach, Sliced Peaches	2 Cheddar Fish, Calico coleslaw, Cauliflower with red peppers, cake w frosting	3 Spaghetti Noodles Italian meat sauce, Tossed salad w dressing, Fresh Fruit	4 Dixie chicken, seasoned carrots, Bread dressing, Fruit crisp
7 Lemon Pepper Chicken, Scalloped potatoes, Cheesy Spinach Birthday cake	8 Stuffed Peppers, Vegetable Medley, Fresh Fruit, Poke cake	9 Beef Tips w/ mushroom gravy, Brown Rice, Carrot Coins, Fruit Crisp	10 Chicken Florentine, Parmesan Potatoes, Broccoli & Cheesy Cauliflower, Fruit Cobbler	11 Fiesta Pork Chop, Rice Pilaf, Brussel Sprouts, Pear Delight
14 Teriyaki Chicken, Brown Rice, Zucchini & tomatoes, Peanut Butter Cookie	15 Beef Piccata, Fresh Mashed Potatoes, Gravy, Sweet & Sour Cabbage, Fruit, Assorted Cake	16 Turkey Divan w/ broccoli, Rice Pilaf, Fruit, Peanut Butter Cookie	17 Tuna & Cheese Lasagna, Tossed Salad, Dressing, Fruit Crisp	18 BBQ Chicken, Macaroni & Cheese, Coleslaw, Fruit Trifle
21 Herb Roasted Pork, DelMonico Potatoes, Cheesy Broccoli, Fruit, Chocolate Chip	22 Chicken Rice Casserole, Tossed Salad w/ dressing, Berry Trifle	23 Spinach, Mushroom & Cheese Lasagna, Squash Medley, Strawberries w/ topping	24 Honey Glazed Turkey, Sweet Potato Wedges, Seasoned Green Beans, Peach Cobbler	25 Pepper Steak w/ gravy, Mashed Potatoes, Mixed Vegetables, Hawaiian Cup
28 Salisbury Steak, Mashed Potatoes, Gravy, Sweet & Sour Cabbage, Apple Crisp	29 Crispy Baked Fish, Creamy Pasta Salad w/veggies, Confetti Coleslaw, Strawberries/Pound cake	30 Beefy King Ranch Casserole, Tossed Salad w/dressing, Pineapple Trifle.	31 Encrusted Pork Lion w/Aujus, Soft Pinto Beans, Cheesy Broccoli, Fresh Fruit Cake	

Healthy Tip of the Month:

Fix Healthy Snacks.
 Healthy snacks can sustain your energy levels between meals, especially when they include a combination of foods. Choose from two or more of the MyPlate food groups: grains, fruits, vegetables, dairy, and protein. Try raw veggies with low-fat cottage cheese, or a tablespoon of peanut butter with an apple or banana.

All meals are served with a choice of Skim or 2% Milk and a Dinner Roll