

August

Menu

Please make a donation at slco.org/aging-adult-services to help provide meals for seniors. Meals on Wheels menus may vary.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	BIRTHDAY MEAL MEATLOAF w/ BRN GRAVY Whipped Potatoes Country Trio Vegetables Seasonal Fruit Birthday Cupcake Chocolate Milk	BAKED CHICKEN THIGH w/Basil Cream Sauce w/Bowtie Pasta California Blend Vegetables Spinach Romaine Salad Pineapple Nut Cookie	BEEF PATTY Lettuce & Tomato on a Wheat Bun American Cheese Slice Baked Potato Wedges Seasonal Fruit	TURKEY DIVAN BAKE Carrot Cuts Green Peas Lemon Fluff
BEEF TACO MEAT Shredded Cheese Lettuce & Tomato Refried Beans Mexicali Corn Whole Grain Tortilla	PORK SAUSAGE GRAVY over Biscuit Broccoli Mandarin Oranges	CHICKEN SALAD Lettuce & Tomato Carrot Raisin Salad Multi-wheat Bread Seasonal Fruit	CREAMED TURKEY Mashed Potatoes Seasoned Carrots Steamed Spinach Cinnamon Pear Crisp	SALISBURY PATTY w/Gravy Italian Blend Vegetables Lyonnais Potatoes Strawberry Whip
ROAST PORK w/Ginger Glaze Lyonnais Potatoes Cabbage & Apples Nectarine	MEATLOAF w/Gravy Whipped Potatoes Stewed Tomatoes Seasonal Fruit	BREADED BAKED FISH w/Tartar Sauce Roasted Red Potatoes Steamed Spinach Peach Cobbler	TURKEY SALAD Lettuce & Tomato Broccoli Raisin Slaw Multi-wheat Bread Strawberries	ITALIAN MEATBALLS w/Spaghetti Pasta Marinara Sauce Breadstick Italian Blend Vegetables Seasonal Fruit
BAKED CHICKEN THIGH w/Vera Cruz Sauce Bell Peppers & Onions Pinto Beans Whole Grain Tortilla Tropical Fruit Cup	TUNA SALAD Lettuce & Tomato Macaroni Salad Multi-wheat Bread Melons	SOUTHWEST OMELET BAKE Roasted Red Potatoes Broccoli Cuts & Florets Seasonal Fruit Orange Whip Salsa	ROAST TURKEY w/ Gravy Whipped Potatoes Mixed Vegetables Seasonal Fruit Grace's Chocolate Cookie	BEEF & BROCCOLI Fried Rice Green Beans Almondine Pineapple Fluff
KRAB & PASTA SALAD Spinach & Egg Salad Wheat Dinner Roll Melons	BBQ PORK RIBBETTE on a Bun Baked Beans California Blend Vegetables Tapioca Pudding	SWEET & SOUR PORK Steamed Brown Rice Broccoli Cuts & Florets Lemon Citrus Fruit Mold	BAKED CHICKEN BREAST w/Orange Glaze Farro w/Vegetables Steamed Spinach Apple Crisp	
28	29	30	31	

Alternate meals for August*: Entrée Salad

- Week 1 – Strawberry Fields
- Week 2 – Turkey Vegetable
- Week 3 – Beef w/Quinoa
- Week 4 – Chicken and Black Bean
- Week 5 – Greek Salad w/Chicken

*Alternate meals at select senior centers only
All meals served with 8 oz milk and appropriate condiments