

August 2018

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
ROAST PORK w/ Apple Berry Sauce Au Gratin Potatoes Green Beans Seasonal Fruit	BIRTHDAY MEAL BEEF POT ROAST w/ Brown Gravy Creamed Potatoes Glazed Carrots Fresh Honey Dew Melon Birthday Cupcake	DICED PORK & NOODLES Seasoned Carrots Steamed Spinach Blueberry Crisp	PULLED CHICKEN SALAD w/ Hoagie Bun Lettuce & Tomato Marinated Vegetable Salad Seasonal Fruit	SALISBURY STEAK w/ Brown Gravy Mashed Potatoes Garden Vegetable Salad Italian Blend Vegetables Pineapple Pistachio Fluff
6	7	8	9	10
BEEF TERIYAKI w/ Brown Rice Green Beans Almondine Oriental Blend Vegetables Strawberry Fluff	TUNA SALAD w/ Hoagie Bun Lettuce & Tomato Macaroni Salad Seasonal Fruit	BREADED BAKED FISH w/ Tartar Sauce Roasted Red Potatoes Steamed Spinach Whole Kernel Corn Peach Cobbler	CHICKEN BERRY SALAD Carrot Slaw Bread Stick Fresh Strawberries Vinaigrette Dressing	CHICKEN PARMESAN Rotini Pasta Spinach & Romaine Salad Mixed Vegetables Cheesecake Pudding
13	14	15	16	17
KRAB SALAD w/ Hoagie Bun Lettuce & Tomato Seasonal Fruit	SALISBURY STEAK w/ Brown Gravy Green Beans Scandinavian Blend Vegetables Blushing Pears	COUNTRY MEATBALLS w/ Country Gravy Glazed Carrots Seasonal Fruit Cornbread	SLICED ROAST TURKEY w/ Poultry Gravy Mashed Potatoes Mixed Vegetables Seasonal Fruit Lemon Cookie	SLOPPY JOE w/ Whole Wheat Bun Seasoned Carrots Close Slaw Seasonal Fruit
20	21	22	23	24
EGG SALAD w/ Whole Grain Sandwich Thins Lettuce & Tomato Beet & Mandarin Orange Salad Pineapple Nut Cookie	BEEF PATTY w/ Whole Wheat Bun American Cheese Lettuce & Tomato Tater Tots Seasonal Fruit	BAKED CHICKEN BREAST w/ Paprika Cream Sauce Penne Pasta California Blend Vegetables Spinach & Romaine Salad Butterscotch Pudding	BAKED CHICKEN (BONE-IN) w/ Lemon Pepper Sauce Roasted Red Potatoes Steamed Spinach Capri Blend Vegetables Apple Crisp	SPAGHETTI & MEAT SAUCE Marinated Zucchini Salad Seasonal Fruit Breadstick
27	28	29	30	31

Alternate meals for August*: Fresh Salad

Week 1 – Chef Salad w/ Ham, Turkey & Cheese

Week 2 – Turkey Cobb Salad

Week 3 – Chicken Caesar Salad

Week 4 – Greek Chicken Salad

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