## August 2023 Menu

### Lunch served from 11:30 AM – 1:30 PM


Ask your Café about the soup, salad, and/or sandwich option offered daily

**Suggested Donation: $4.00**

To make a donation online, please visit [https://slco.org/aging-adult-services/](https://slco.org/aging-adult-services/) and click on the green “Donate Today” button

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### Monday
- **1**
  - **Beef & Cheese Ravioli**
  - Garlic Bread
  - Mixed Green Salad
  - Mixed Fruit

### Tuesday
- **2**
  - **Pork Chops**
  - Mashed Sweet Potatoes
  - Whole Wheat Dinner Roll
  - Steamed Broccoli
  - Fresh Fruit
  - Pudding

### Wednesday
- **3**
  - **Baked Salmon w/Lemon Caper Sauce**
  - Couscous
  - Whole Wheat Dinner Roll
  - Green Beans
  - Carrots
  - Fresh Fruit

### Thursday
- **4**
  - **Bruschetta Chicken**
  - Jasmine Rice
  - Green Beans
  - Corn
  - Fresh Fruit
  - Sherbet

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### Friday
- **5**
  - **Mixed Green Salad**
  - Fresh Fruit
  - Gelatin

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### Tuesday
- **6**
  - **Garlic Bread**
  - Mixed Green Salad
  - Mixed Fruit

### Wednesday
- **7**
  - **Mixed Green Salad**
  - Fresh Fruit
  - Gelatin

### Thursday
- **8**
  - **Pork Chop w/Tomato Caper Sauce**
  - Couscous
  - Steamed Broccoli
  - Fresh Fruit

### Friday
- **9**
  - **Shepherd’s Pie**
  - Cornbread
  - Mixed Green Salad
  - Fresh Fruit
  - Pudding

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### Tuesday
- **10**
  - **Teriyaki Salmon w/Pineapple Black Bean Salsa**
  - Jasmine Rice
  - Steamed Mixed Vegetables
  - Fresh Fruit

### Wednesday
- **11**
  - **Grilled Chicken Sandwich**
  - Mixed Green Salad
  - Fresh Fruit
  - Sherbet

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### Monday
- **12**
  - **Garlic Ginger Chicken Thigh**
  - Rice Pilaf
  - Steamed Broccoli
  - Fresh Fruit
  - Gelatin

### Tuesday
- **13**
  - **One-Pot Cheesy Taco Pasta**
  - Mixed Green Salad
  - Fresh Fruit

### Wednesday
- **14**
  - **Chicken Stir Fry (Contains Seafood)**
  - Jasmine Rice
  - Asian Vegetable Blend
  - Fresh Fruit
  - Pudding

### Thursday
- **15**
  - **Herb Crusted Salmon**
  - Barley
  - Sauteed Mushrooms
  - Whole Wheat Roll
  - Steamed Vegetables
  - Fresh Fruit

### Friday
- **16**
  - **Meatloaf**
  - Mashed Potatoes
  - Whole Wheat Roll
  - Green Beans
  - Stewed Tomatoes
  - Fresh Fruit
  - Sherbet

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### Monday
- **17**
  - **Greek Dill Salmon w/Yogurt Dill Sauce**
  - Wild Rice
  - Cucumber Tomato Salad
  - Fresh Fruit

### Tuesday
- **18**
  - **Greek Dill Salmon w/Yogurt Dill Sauce**
  - Wild Rice
  - Cucumber Tomato Salad
  - Fresh Fruit

### Wednesday
- **19**
  - **Greek Dill Salmon w/Yogurt Dill Sauce**
  - Wild Rice
  - Cucumber Tomato Salad
  - Fresh Fruit

### Thursday
- **20**
  - **Greek Dill Salmon w/Yogurt Dill Sauce**
  - Wild Rice
  - Cucumber Tomato Salad
  - Fresh Fruit

### Friday
- **21**
  - **Greek Dill Salmon w/Yogurt Dill Sauce**
  - Wild Rice
  - Cucumber Tomato Salad
  - Fresh Fruit

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### Monday
- **22**
  - **Cheeseburger**
  - Tater Tots
  - Mixed Green Salad
  - Fresh Fruit
  - Gelatin

### Tuesday
- **23**
  - **Chicken Enchiladas**
  - Black Beans
  - White Rice
  - Fresh Fruit

### Wednesday
- **24**
  - **Spaghetti & Meatballs**
  - Steamed Broccoli
  - Fresh Fruit
  - Pudding

### Thursday
- **25**
  - **Greek Dill Salmon w/Yogurt Dill Sauce**
  - Wild Rice
  - Cucumber Tomato Salad
  - Fresh Fruit

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### Monday
- **26**
  - **Cheeseburger**
  - Tater Tots
  - Mixed Green Salad
  - Fresh Fruit
  - Gelatin

### Tuesday
- **27**
  - **Chicken Enchiladas**
  - Black Beans
  - White Rice
  - Fresh Fruit

### Wednesday
- **28**
  - **Spaghetti & Meatballs**
  - Steamed Broccoli
  - Fresh Fruit
  - Pudding

### Thursday
- **29**
  - **Greek Dill Salmon w/Yogurt Dill Sauce**
  - Wild Rice
  - Cucumber Tomato Salad
  - Fresh Fruit

### Friday
- **30**
  - **Greek Dill Salmon w/Yogurt Dill Sauce**
  - Wild Rice
  - Cucumber Tomato Salad
  - Fresh Fruit

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### Monday
- **31**
  - **Cheeseburger**
  - Tater Tots
  - Mixed Green Salad
  - Fresh Fruit
  - Gelatin

### Tuesday
- **1**
  - **Chicken Enchiladas**
  - Black Beans
  - White Rice
  - Fresh Fruit

### Wednesday
- **2**
  - **Spaghetti & Meatballs**
  - Steamed Broccoli
  - Fresh Fruit
  - Pudding

### Thursday
- **3**
  - **Greek Dill Salmon w/Yogurt Dill Sauce**
  - Wild Rice
  - Cucumber Tomato Salad
  - Fresh Fruit

### Friday
- **4**
  - **Greek Dill Salmon w/Yogurt Dill Sauce**
  - Wild Rice
  - Cucumber Tomato Salad
  - Fresh Fruit

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Some items may be subject to change due to product availability | All meals served with 8 oz milk and appropriate condiments

Average calories per meal range from 666-733 calories