


August Menu 2021

*Please contact your local Senior Center to reserve your lunch.
A frozen meal may be offered if the meal of the day is no longer available.*

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
Meatball Sandwich Mixed Vegetables Seasonal Fresh Fruit	Beef Tips W/Gravy (Birthday Meal) Whipped Potatoes Green Beans Stewed Tomatoes Seasonal Fresh Fruit Frosted Birthday Cupcake	Breaded Fish Confetti Rice Club Spinach Peas & Carrots	Asian Chicken Salad Wheat Crackers Citrus Fruit Cup Rocky Road Pudding	Pork Carnitas Black Beans Fajita Blend Vegetables Dessert
9	10	11	12	13
Sliced Turkey Breast w/Poultry Gravy Mashed Spiced Yams Whole Wheat Roll Green Peas Tropical Fruit	Pork Roast w/ Mushroom Gravy Whipped Potatoes Club Spinach Seasonal Fresh Fruit	Lemon Pepper Chicken Wild Rice Scandinavian Mix Vegetables Seasonal Fresh Fruit Lemon Pudding w/Berries	Breaded Fish Delmonico Potatoes Glazed Carrots Seasonal Fresh Fruit Chocolate Chip Cookie	Water Chestnut Chicken Salad Wheat Crackers Mixed Fruit Citrus Gelatin
16	17	18	19	20
Cheeseburger Baked Beans Mixed Vegetable Blend	Egg Salad Sandwich Kidney Bean Salad Pineapple Tidbits Orange Gelatin w/Fruit	Italian Turkey Pasta Salad Wheat Crackers Applesauce Vanilla Pudding	Vegetable Lasagna Bake Whole Wheat Roll Whole Kernel Corn Peaches	Chicken Enchilada Black Beans Mandarin Oranges
23	24	25	26	27
Breaded Fish Diced Potatoes Mixed Vegetable Blend Hot Spiced Pears	Creamy Paprika Chicken Whipped Potatoes Whole Wheat Roll Mixed Vegetables Seasonal Fresh Fruit	Sliced Turkey Breast Sandwich Green Pea Salad Mandarin Oranges & Pineapple Chocolate Chip Cookie	Savory Beef Ziti Mixed Vegetable Blend Hot Spiced Applesauce	Italian Chicken Salad Wheat Crackers Mandarin Oranges Creamsicle Pudding
30	31	 <p>Suggested Donation: \$4.00 Donations can be made online at https://slco.org/aging-adult-services/donation/</p>		
Fiesta Mac Bake Southwest Corn Pineapple Tidbits	Chicken Fried Rice Japanese Vegetable Blend Tropical Fruit			

Some items may be subject to change due to product availability | All meals served with 8 oz milk and appropriate condiments
As of July 2021, the suggested donation is now \$4 to help cover the increasing costs of our meal service.