

AUGUST | 2024

Main Menu



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>29 carb count = 15g of carbohydrates</p>	<p>30</p>	<p>31</p>	<p>1 Meatloaf & Gravy Mashed Potato Peas Normandy Blend Peaches Sweet Bread/Margarine 5</p>	<p>2 Macaroni & Cheese Side Salad Asparagus Beets Fruit Crisp 7</p>
<p>5 Hamburger Hamburger Bun Red Skin Potatoes Broccoli Diced Pears 6</p>	<p>6 AGEWELL CLOSED</p>	<p>7 Polish Sausage Hotdog Bun Sauerkraut Asparagus Applesauce 4</p>	<p>8 Stuffed Chicken Rice Pilaf Corn Carrots Fresh Fruit 7</p>	<p>9 Salisbury Steak Mashed Potato & Gravy Peas Fruit Cobbler Fruit Cocktail</p>
<p>12 Bourbon Chicken White Rice Squash Three Bean Salad Fruit Crisp 8</p>	<p>13 Pork Chops & Gravy Mashed Potato Corn Peaches Wheat Bread/Margarine 5</p>	<p>14 Hot Dog Hot Dog Bun Peas Cauliflower Fresh Fruit Fig Newton 6</p>	<p>15 BBQ Chicken Wings Baked Potato Sautéed Cabbage Tomato Salad Fruited Jell-O 5</p>	<p>16 S & S Meatballs White Rice Wax Beans Asparagus Ambrosia Dinner Roll/Margarine 7</p>
<p>19 Frittata Red Roasted Potatoes Broccoli Apricots 6</p>	<p>20 Chicken Salad Wheat Croissant Coleslaw Mandarin Oranges 6</p>	<p>21 Chicken Diane White Rice Asparagus Beets Fresh Fruit 5</p>	<p>22 Cabbage Rolls Au Gratin Potatoes Peas & Carrots Applesauce Birthday Cake 6</p>	<p>23 Sliced Ham Sweet Potatoes Green Beans Pineapple Tidbits Wheat Bread/Margarine 7</p>
<p>26 Chicken Cavatappi Garlic Bread Lima Beans Side Salad Applesauce 6</p>	<p>27 Roast Beef & Gravy Mashed Potato Cali Blend Green Beans Fruit Yogurt Wheat Roll/Margarine 6</p>	<p>28 Pork BBQ Hamburger Bun Baked Beans Wax Beans Tropical Fruit String Cheese 7</p>	<p>29 Pork Chop Suey White Rice Corn Squash Ambrosia Wheat Bread/Margarine 6</p>	<p>30 Herb Tilapia Parsley Noodles Broccoli Coleslaw Peaches 4</p>

**Menu includes
Low Fat Milk**

**Meals include 1/3
of the Recommended Daily
Allowance (RDA)**

**Meals Subject
to Change**

**8-6 AgeWell Closed
8-22 Birthday Celebration**



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