

Senior Center Lunch Menu

AUGUST 2019

Monday

5th Sloppy Joe, Crispy Cubed Potatoes, Mixed Vegetables, Hamburger Bun, Pineapple Tidbits, Coffee, Milk

12th Chicken & Dumplings, Stewed Tomatoes, Green Peas, Multi Grain Bread, Chocolate Chip Cookie, Coffee, Milk, Margarine

19th Open Face Roast Beef Sandwich, Whipped Potatoes w/Gravy, Italian Vegetable Blend, Dinner Roll, Sliced Pears, Coffee, Milk, Margarine

26th BBQ Chicken, Baked Sweet Potato, Broccoli, Wheat Bread, Fruited Gelatin, Coffee, Milk, Margarine

Wednesday

MENU SUBJECT TO CHANGE WITHOUT NOTICE

7th Beef Spaghetti Casserole, Mixed Green Salad, Seasoned Green Beans, Wheat Bread, Cherry Cobbler, Coffee, Milk, Margarine, Italian Dressing

14th Baked Chicken, Breast, Blackberry BBQ Sauce, Whole Kernel Corn, Green Beans, Wheat Roll, Fresh seasonal fruit, Coffee, Milk, Margarine

21st Breaded Pollock, Parslied Potatoes, Coleslaw, Wheat Hamburger Bun, Mixed Fruit Cobbler, Coffee, Milk, Tarter Sauce

28th Liver & Onions or Beef w/Onion Gravy, Whipped Potatoes, Lima Beans, Dinner roll, Carnival Cookie, Coffee, Milk, Margarine

Friday

2nd Savory Apricot Chicken, Baked Sweet Potato, Green Peas w/ Mushrooms, Multi Grain Bread, Fresh Seasonal Fruit, Coffee, Milk, Margarine

9th Breaded Pollock, Baked Sweet Potato, Brussels Sprouts, Multi Grain Bread, Sugar Cookie, Coffee, Milk, Margarine, Tarter Sauce

16th Roast Beef, Brown Gravy, Whipped Potatoes, Sliced Carrots, Wheat roll, Birthday Cake, Coffee, Milk, Margarine

23rd Taco Meat, Shredded cheese, Lettuce & Tomato, Pinto Beans, Whole Kernel Corn, Tortilla Chips, Rocky Road Pudding, Milk, Taco Sauce & Sour Cream

30th Oven Fried Chicken, Whipped Potatoes w/Gravy, Herbed Green Peas, Biscuit, Lemon Bar, Coffee, Milk