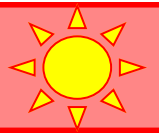


South Carroll Senior Center AUGUST LUNCH MENU

**MONDAY****TUESDAY****WEDNESDAY****THURSDAY****FRIDAY**

**Reservation Required
by posted sign up date.**

To reserve a lunch fill out the golden colored lunch reservation book located in the hallway outside the dining room by the specified date.

Cost of lunch for center members 60+ is a donation up to \$6.09 (full cost of meal).
Per grant requirements, those under 60 must pay the full price of \$6.09

Spouses of adults over 60+, regardless of age, may give a donation if they accompany their spouse. If unaccompanied by their spouse, they must pay the full price of \$6.09

**Note The
"Summer
Special"
AUGUST
15th.**

1
Meatloaf w/Mushroom Gravy
Garlic Mashed Potatoes
Peas & Pearl Onions
Cinnamon Apples
WG Wheat Bread
Fruited Yogurt
Sign up due by 10:00am 7/29

2
BBQ Pork Loin
WG Sandwich Bun
Baked Beans
Fresh Cole Slaw
Pineapple Tidbits
Sign up due by 10:00am 7/30

5 **SPECIAL**
Beef Steak w/Red Wine Demi-Glaze
Garlic Mashed Potatoes
Grilled Corn & Sweet Pepper Medley
WG Wheat Dinner Roll
Confetti Cake Cookie
Sign up due by 10:00am 7/26

6
Ground Beef Stroganoff
WG Butter Noodles
WG Wheat Bread
Creamy Cucumber Salad
Mandarin Oranges
Sign up due by 10:00am 8/1

7
Roast Pork Loin w/Sweet Onion Gravy
Peas & Mushrooms
Garlic Mashed Potatoes
WG Wheat Bread
Fruit Cocktail
Sign up due by 10:00am 8/2

8 **FOOD TRUCK**
Grilled Cheese Food Truck
Fill Out Grilled Cheese Order Form With Your Selections, Then Drop Order Form In Designated Drop Box!
Sign up due by end of day 7/31

9 **SPECIAL**
Crab Stuffed Flounder (Snow Crab, Onion & Peppers w/Lemon Butter Sauce)
Red Skinned Potatoes
Buttered Carrots
WG Wheat Bread
Fudge Brownie
Sign up due by 10:00am 8/1

12 **SPECIAL**
Roast Stuffed Chicken (Skin-on Chicken Breast Stuffed w/Bread Dressing w/White Wine Sauce)
White & Wild Rice Blend
Roasted Root Vegetable Medley
Pound Cake
Sign up due by 10:00am 8/2

13
Salisbury Steak w/Gravy
Roasted Potatoes
Harvard Beets
Amish Navy Bean Salad
WG Wheat Bread
Sign up due by 10:00am 8/8

14
Cream of Broccoli Soup
BBQ Chicken Sandwich
WG Hamburger Roll
Fresh Red Cabbage Slaw
Apricot Halves
Sign up due by 10:00am 8/9

15 **SUMMER LUAU**
Pulled Pork Sandwich
Cold Broccoli Salad
Chunks of Sweet Potatoes
Pineapple Tidbits
Coconut Cream Pie
Sandwich Roll
Sign up due by 10:00am 8/7

16
Roast Chicken w/Creamy Artichoke Sauce
Yellow Rice Pilaf
Seasoned Green Beans
Cinnamon Apple Slices
WG Wheat Bread
Sign up due by 10:00am 8/13

19 **SPECIAL**
Fried Chicken (2 Breaded Drumsticks)
Seasoned Roast Potatoes
Texas Ranchero Pinto Beans
Creamy Cole Slaw
WG Cornbread Loaf
Sign up due by 10:00am 8/9

20
Pot Roast of Beef w/Burgundy Gravy
Roasted Potatoes
Seasoned Greens
WG Wheat Bread
Mandarin Oranges
Sign up due by 10:00am 8/15

21
Chicken Cacciatore
WG Brown Rice
Buttered Carrots
WG Wheat Bread
Green Pea & Red Pepper Salad
Sign up due by 10:00am 8/16

22
Pepperjack Cheeseburger
WG Sandwich Roll
Lettuce & Tomato
Fresh Broccoli Slaw
Tropical Fruit
Sign up due by 10:00am 8/19

23
Tomato Multi-Bean Soup
Tuna Salad Sandwich
Lettuce/Tomato
WG Wheat Bread
Copper Pennies Salad
Hot Cinnamon Apples
Fruited Yogurt
Sign up due by 10:00am 8/20

26
Creamy Ranch Chicken Breast
Yellow Rice Pilaf
Peas & Carrots
Moroccan Beet Salad
WG Wheat Bread
Sign up due by 10:00am 8/21

27
Meatball Sub
Cheese
WG Wheat Italian Roll
Seasoned Green Beans
Mandarin Oranges
Sign up due by 10:00am 8/22

28 **SUB**
Turkey Sub
American Cheese Club Roll
Lettuce, Tomato & Onion
Potato Salad
Cole Slaw
Fruit Cocktail
Sign up due by 10:00am 8/20

29
Split Pea Soup
Chicken Salad Sandwich
Lettuce/Tomato
WG Sandwich Roll
Fresh Cole Slaw
Tropical Fruit
Fruited Yogurt
Sign up due by 10:00am 8/26

30
Roasted Pork Loin w/Gravy
German Cucumber Salad
Seasoned Kale
Garlic Mashed Potatoes
WG Wheat Dinner Roll
Sliced Apple Snack Pack
Sign up due by 10:00am 8/27