



AUGUST



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1) RSVP by 7/29 Meatloaf Mushroom Gravy Mashed Potatoes Peas & Onions Cinnamon Apples Wheat Bread Fruit Punch Yogurt	2) RSVP by 7/30 BBQ Pork Loin Baked Beans Cole Slaw Pineapple Tidbits Orange Juice
5) RSVP by 7/31 Chicken Casserole Wild Rice Blend Green Beans Diced Peaches Wheat Bread Cranberry Juice	6) RSVP by 8/1 Beef Stroganoff Noodles Cucumber Salad Mandarin Oranges Wheat Bread Apple Juice	7) RSVP by 8/2 Pork Loin Onion Gravy Noodles Peas & Onions Fruit Cocktail Fruit Punch Wheat Bread Chocolate Milk	8) RSVP by 8/2 All Beef Hot Dogs Baked Beans Cole Slaw Fruit Cocktail Juice	9) RSVP by 8/6 Chicken Breast Coq Au Vin Rice Pilaf Mixed Vegetables Sliced Apples Wheat Bread Grape Juice
12) RSVP by 8/2 Baked Potato Chili Con Carne Spinach Salad Applesauce Wheat Bread Fruit Punch BAKED POTATO	13) RSVP by 8/8 Salisbury Steak Gravy Roasted Potatoes Harvard Beets Navy Bean Salad Wheat Bread Grape Juice	14) RSVP by 8/9 BBQ Chicken Sandwich Cream of Broccoli Soup Cabbage Slaw Apricot Halves Chocolate Milk	15) RSVP by 8/8 Pulled Pork Sandwich Broccoli Salad Sweet Potatoes Pineapple Tidbits Luau Special	16) RSVP by 8/13 Chicken & Artichoke Sauce Rice Pilaf Green Beans Cinnamon Apple Slices Wheat Bread Juice
19) RSVP by 8/14 Turkey Burger L,T,O Cucumber & Onion Salad Baked Beans Fruited Yogurt	20) RSVP by 8/15 Pot Roast Burgundy Roasted Potatoes Seasoned Greens Mandarin Oranges Wheat Bread Grape Juice	21) RSVP by 8/16 Chicken Cacciatore Brown Rice Buttered Carrots Green Pea Salad Wheat Bread Orange Juice Chocolate Milk	22) RSVP by 8/16 Cheese or Pepperoni Pizza Caesar Salad Apricots Juice	23) RSVP By 8/20 Tuna Salad On Wheat Bread L,T Multi Tomato Bean Soup Copper Pennies Cinnamon Apples Yogurt
26) RSVP by 8/21 Creamy Ranch Chicken Rice Pilaf Peas & Carrots Moroccan Beet Salad Orange Juice Wheat Bread	27) RSVP by 8/22 Meatball & Cheese Sub Green Beans Mandarin Oranges Fruit Juice	28) RSVP by 8/21 Turkey Sub L,T,O Potato Salad Cole Slaw Fruit Cocktail SUB DAY	29) RSVP by 8/26 Chicken Salad Sandwich Split Pea Soup Cole Slaw Tropical Fruit Chocolate Milk	30) RSVP by 8/27 Pork Loin & Gravy Cucumber Salad Kale Mashed Potatoes Sliced Apples Wheat Bread Chocolate Milk

- ◆ **Cost of lunch for Center members 60+ years is a donation up to \$6.09 (full cost of meal).**
- ◆ **Per grant requirements, individuals age 50-59 years must pay the full price.**
- ◆ **Spouses of members 60+ years, 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.**