August 2012

Menus Subject to Change Without Notice
Milk served with meal.

Mon	*Tue*	*Wed*	*Thu*	*Fri*
NOTICE: Suggested donation per meal is $2.75 for those 60+ and $4.60 for those under 60. Please sign up for lunch one day in advance, especially on those days when the meals are sponsored by a local business. The staff appreciates your cooperation. ***Please note some changes in location of venue.***		1 Birthday Party Paprika Chicken Mashed Potatoes/Sour Cream Gravy Key Largo vegetable Cole Slaw Roll Cake and Ice Cream	2 Chicken Broccoli Casse-role Potato Wedges Steamed Carrots Muffin Fruit Salad Cook's Choice Dessert	3 Beef Tips Mashed Potatoes/Gravy Spinach Biscuit Tossed Salad Spicy Peach Crisp
6 Pork Chow Mein Steamed Rice Vegetable Egg Roll Chinese Cabbage Salad Muffin Ice Cream/Fortune Cookie	7 Spaghetti and Meat Sauce Italian Blend Vegetable Bread Stick Tossed Salad/White Beans Lemon pudding	8 Shrimp Pasta Salad Veggies/Dip Muffin Fruit Cup Cookie	9 Myer's Day Meat Loaf Mashed Potatoes/Gravy Mixed Vegetable 3 Bean Salad Roll Brownie	10 Parmesan Chicken Baked Potato/Sour Cream Capri Blend Vegetable Cole Slaw Roll Fresh Melon
13 BBQ Chicken Yummy Potatoes Green Beans Carrot Raisin Salad Biscuit Cook's Choice Dessert	14 Swedish Meatballs Rice Scandinavian Blend Sunshine Salad Roll Pudding	15 Chicken Fried Steak Mashed Potatoes/Country Gravy Country Blend Fruited Cole Slaw Biscuit Rice Krispie Treat	16 Chef's Salad Cup of soup Apple Sauce Muffin Cookie	17 Smothered Home-style Chicken Rice Steamed Broccoli Marinated Carrot Salad Roll Fruit Pie
20 **Congregate @ Snow Park** Gillies Day Chicken Tenders Mashed Potatoes/Gravy Peas and Carrots Tossed Salad Biscuit Cookie Bar	21 Take Outs Available Tuna Casserole Mixed Vegetable Cole Slaw Biscuit Fresh Fruit	22 **Congregate @ John Adams Park** BBQ Beef/Bun Potato Salad Baked Beans Fruit Salad Pudding	23 Meals on Wheels Only Roast Turkey/Cranberry Sauce Dressing Sweet Potato Casserole Tossed Salad Roll Pumpkin Square **Congregate @Maple Springs**	24 **Congregate @ Pioneer Park** Beef Enchilada Spanish rice Refried Beans Corn Muffin Stewed Tomato Cookie
27 **Congregate @ Snow Park** Salisbury Steak Mashed Potatoes Green/Wax Bean Blend Cole slaw Roll Coconut Crunch	28 Take Outs Available Roast Beef Sandwich Cook's Choice Soup Pickles/Olives Fruit Cup Blondie	29 **Congregate @ John Adams Park** Cod Baked Potato/Sour Cream Summer Blend Roll Tossed Salad Cookie	30 Meals on Wheels only Beef Stroganoff Sliced beets Muffin Ambrosia Banana Bar **Congregate Dutch Oven Dinner at Constitution Park**	31 **Congregate@ Pioneer Park** Bacon Cheeseburger/ Bun Sweet Potato Fries Carrots/Celery Sticks/ Dip Spinach Salad Pudding