



August 2012

Menus Subject to Change Without Notice
Milk served with meal.



Mon	Tue	Wed	Thu	Fri
<p>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.</p>		<p>1 Birthday Party Paprika Chicken Mashed Potatoes/Sour Cream Gravy Key Largo vegetable Cole Slaw Roll Cake and Ice Cream</p>	<p>2 Chicken Broccoli Casserole Potato Wedges Steamed Carrots Muffin Fruit Salad Cook's Choice Dessert</p>	<p>3 Beef Tips Mashed Potatoes/Gravy Spinach Biscuit Tossed Salad Spicy Peach Crisp</p>
<p>6 Pork Chow Mein Steamed Rice Vegetable Egg Roll Chinese Cabbage Salad Muffin Ice Cream/Fortune Cookie</p>	<p>7 Spaghetti and Meat Sauce Italian Blend Vegetable Bread Stick Tossed Salad/White Beans Lemon pudding</p>	<p>8 Shrimp Pasta Salad Veggies/Dip Muffin Fruit Cup Cookie</p>	<p>9 Myer's Day Meat Loaf Mashed Potatoes/Gravy Mixed Vegetable 3 Bean Salad Roll Brownie</p>	<p>10 Parmesan Chicken Baked Potato/Sour Cream Capri Blend Vegetable Cole Slaw Roll Fresh Melon</p>
<p>13 BBQ Chicken Yummy Potatoes Green Beans Carrot Raisin Salad Biscuit Cook's Choice Dessert</p>	<p>14 Swedish Meatballs Rice Scandinavian Blend Sunshine Salad Roll Pudding</p>	<p>15 Chicken Fried Steak Mashed Potatoes/Country Gravy Country Blend Fruited Cole Slaw Biscuit Rice Krispie Treat</p>	<p>16 Chef's Salad Cup of soup Apple Sauce Muffin Cookie</p>	<p>17 Smothered Home-style Chicken Rice Steamed Broccoli Marinated Carrot Salad Roll Fruit Pie</p>
<p>20 Congregate @ Snow Park Gillies Day Chicken Tenders Mashed Potatoes/Gravy Peas and Carrots Tossed Salad Biscuit Cookie Bar</p>	<p>21 Take Outs Available Tuna Casserole Mixed Vegetable Cole Slaw Biscuit Fresh Fruit</p>	<p>22 Congregate @ John Adams Park BBQ Beef/Bun Potato Salad Baked Beans Fruit Salad Pudding</p>	<p>23 Meals on Wheels Only Roast Turkey/Cranberry Sauce Dressing Sweet Potato Casserole Tossed Salad Roll Pumpkin Square Congregate @Maple Springs</p>	<p>24 Congregate @ Pioneer Park Beef Enchilada Spanish rice Refried Beans Corn Muffin Stewed Tomato Cookie</p>
<p>27 Congregate @ Snow Park Salisbury Steak Mashed Potatoes Green/Wax Bean Blend Cole slaw Roll Coconut Crunch</p>	<p>28 Take Outs Available Roast Beef Sandwich Cook's Choice Soup Pickles/Olives Fruit Cup Blondie</p>	<p>29 Congregate @ John Adams Park Cod Baked Potato/Sour Cream Summer Blend Roll Tossed Salad Cookie</p>	<p>30 Meals on Wheels only Beef Stroganoff Sliced beets Muffin Ambrosia Banana Bar Congregate Dutch Oven Dinner at Constitution Park</p>	<p>31 Congregate@ Pioneer Park Bacon Cheeseburger/ Bun Sweet Potato Fries Carrots/Celery Sticks/ Dip Spinach Salad Pudding</p>