

COMMUNITY RENEWAL TEAM **AUGUST** 2024 CONGREGATE MENU Menu is subject to change 7/5/24

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
	Please be advised that our food may come in contact with or contain peanuts, tree nuts, soy, milk, eggs, wheat, shellfish, sesame or fish.		Advise our staff of any food allergies prior to meal consumption ! ----- Did you know that peaches may have protective		effects that keep your skin healthy ? One medium-sized peach offers approximately 10 % of the Daily Value for Vitamin A and 17 % of the Daily Value for Vitamin C. Enjoy fresh , frozen or canned peaches often !	1	100 % Fruit Punch Juice Oven-Fried Chicken Potato Salad Buttered Corn Wheat Dinner Roll Cookie	2	<u>August Is For Peaches</u> Peach-Glazed Pork Chop Cornbread Stuffing Broccoli Florets Wheat Bread Fresh Peach
5	Stuffed Cabbage w/ Tomato Sauce Pasta w/ Sauce Monaco Blend Veggies Garlic Knot Fresh Fruit	6	<u>Friendship Day</u> Cobb Salad : 100 % Fruit Punch Ice Roma Blend / Grilled Chicken Breast / Hard Boiled Egg / Bacon / Blue Cheese / Grape Toms / Ranch Dressing Saltines / Cookie	7	Salisbury Steak w/ Gravy Seasoned Whole Baby Pots Green & Yellow Wax Beans 100 % Whole Wheat Bread Fresh Fruit	8	Orange Juice Beef Hot Dog / Hot Dog Bun Mustard, Ketchup, Relish Baked Beans Carrot Raisin Salad Yogurt Cup	9	Potato Crumb Fish Tartar Sauce Mashed Potatoes Capri Vegetable Blend Wheat Bread Fresh Fruit
12	Grape Juice Chicken Stir-Fry Vegetable Fried Rice Asian Vegetable Blend Dinner Roll Wholegrain Fruit Bar	13	Beef Meatballs w/ Gravy Parslied Egg Noodles Brussel Sprouts 100 % Whole Wh Bread Fresh Fruit	14	100 % Fruit Punch Ice Honey Baked Ham Sweet Potatoes Broccoli Florets Cornbread Loaf Pudding w/ Topping	15	Seafarer's Seafood Salad Potato Wedges / Ketchup Coleslaw Saltine Crackers Fresh Fruit	16	Orange Juice Cheese Tortellini Italian Salad w/Salami/ Tomatoes & Basil Bread Stick Fresh Fruit
19	Meatloaf w/ Veg Gravy Oven-Roasted Potatoes Whole Baby Carrots 100 % Whole Wheat Bread Fresh Fruit	20	Orange Juice Chicken Piccata Garlic Pappardelle Capri Vegetable Blend Wheat Bread Yogurt Cup	21	Cheesey Vegetable Lasagna a la Vodka Normandy Vegetable Blend Italian Bread Fresh Fruit	22	<u>Smile & Say " Watermelon " !</u> Grilled Chicken Caesar Wrap : Grilled Chicken Brst / Leaf Lettuce / Caesar Dressing/ Garlic Pesto Wrap /Mustard/ Mayo/ Tri-Colored Pesto Pasta Fresh Watermelon Slice	23	Kielbasa / Mustard Carmelized Onions Paprika Seasoned Diced Pots California Blend Veggies Wheat Bread Fresh Fruit
26	Mini Turkey Meatballs w/ Sweet & Sour Sce Rice Broccoli Normandy Wheat Bread Fresh Fruit	27	<u>Nat'l Banana Lovers Day</u> Grape Juice / Grande Cheese Raviolis / Tom Cream Sce / Parm Cheese / Ital Veggies /Garlic Knot / Banana Sweet	28	Boneless Smothered Chicken Breast Lyonnaise Potatoes Spinach 100 % Whole Wheat Bread Fresh Fruit	29	Orange Juice Roast Beef w/ Gravy Garlicky Smashed Potatoes Peas & Diced Carrots Dinner Roll Cookie	30	Macaroni & Cheese Stewed Tomatoes 100 % Whole Wheat Bread Fresh Fruit

Elderly Nutrition Program meals are served Monday thru Friday to persons 60 years of age or older and their spouses
All meals are served with milk, bread, and margarine. SUGGESTED DONATION: \$3.00 or what you can afford. Menu is subject to change.