



AUGUST 2016 MENU

Monday	Tuesday	Wednesday	Thursday	Friday
1 Meatballs w/Gravy Mashed Potatoes Braised Cabbage Roll Yogurt	2 Baked Chicken Scalloped Potatoes Broccoli Stewed Tomatoes Fruit Cocktail	3 Spaghetti w/Meat Sauce Carrots Garlic Bread Green Salad Pudding	4 Baked Cod w/Lemon Hash Browns Peas Corn Muffin Cucumber & Tomatoes Jell-O	5 Hamburger Slider Warm Pasta Salad Mixed Vegetables Mandarin Orange Salad
8 Mesquite Chicken Rice Zucchini Baked Beans Cookie	9 Meatloaf with Gravy Mashed Potatoes Green Beans Roll Green Salad Bran Bar	10 Macaroni & Cheese Peas Broccoli Normandy Spinach Salad Trail Mix	11 Baked Potato w/Cheese Cauliflower Chili Strawberries Cake	12 Penne Pesto Pasta Capri Vegetables Tomatoes & Peppers Pea Salad Marion Berry Crunch
15 Tuna Salad Sandwich Bean Salad Pineapple Chips	16 Biscuit & Gravy Roasted Potatoes Spinach Tri Carrot & Raisin Salad Cottage Cheese	17 Summer Vegetable Stew Wheat Berry & Bean Salad Roll Mixed Salad Blueberries	18 Chicken Caesar Salad Gazpacho Salad Croutons Orange Wedge Dried Fruit & Nuts	19 Cheese Crepe w/ Fruit Canadian Bacon Cranberry Granola Banana
22 Chicken Teriyaki Yakisoba Noodles Mixed Vegetables Egg Roll Fortune Cookie	23 Pork Slider Tater Tots Swiss Chard Apple Kale Slaw Pudding	24 Salisbury Steak w/Gravy Mashed Potatoes Peas & Carrots Roll Coleslaw Cranberries & Almonds	25 Bean & Cheese Burrito Spanish Rice Tomato & Mango Salsa Non Fat Yogurt Raspberries	26 BBQ Chicken Thigh Couscous Baked Beans Roll Greek Salad Pears
29 Oatmeal w/Dried Fruit Turkey Sausage Spiced Apples Mixed Nuts	30 * Ice Cream Social Green Chili Chicken Casserole Tomatoes & Mangoes Pinto Beans Green Salad Mandarin Oranges	31 Cabbage Roll Casserole Green Beans Roll Beet Salad *Birthday Cake from Emeritus at the Center	<p><i>Menu is subject to change at any time. To verify the current days choice, please feel free to call the Center at 503-653-8100.</i></p>	

