

August 2023 Seniors' CHOICE menu



Monday	Tuesday 1	Wednesday 2	Thursday 3	Friday 4
	Mediterranean Glazed Salmon - 9092 (ch b) grilled chicken brst ch7026 Italian Vegetables Rosemary Garlic Redskin Potatoes Wheat Bread (2 slices) Margarine Whole Apple Diet: same	Ham Sandwich on White - 9125 (ch b) roast beef sandwich on white ch7031 3 Bean Salad Carrot & Raisin Salad Mandarin Oranges Mustard (for ham only) Horseradish (for roast beef only) Diet: same	Chicken & Potato Casserole - 9315 (ch b) roast beef & gravy ch7025 California Blend Veggies (2 servings) Wheat Bread (2 slices) Margarine Peaches Diet: same	Cinci-Style Chili - 9112 w/ Spaghetti (ch b) roast beef w/gravy ch7025 Kidney Beans Broccoli Cinnamon Applesauce Cheddar Cheese (ch A only) Oyster Crackers (ch A only) 2 Wheat Bread / Margarine (ch b only) Diet: same
7	8	9	10	11
Orange Chicken - 9105 (ch b) baked fish - ch7048 Brown Rice Green Beans Carrots Wheat Bread / Margarine Fruit Cocktail Diet: same	Philly Beef Steak - 9102 (ch b) turkey frank ch7010 Potato Wedges Vegetable Medley Swiss Cheese Bun Mustard Grape Juice 100% Diet: same	Smoked Turkey Sausage w/ Sauerkraut - 9055 (ch b) meatloaf w/gravy ch7016 Cheesy Mashed Potatoes Green Beans Rye Bread (2 pcs) Pears Mustard / Ketchup Diet: same  Book Lover's Day	Chicken Salad Sandwich on Wheat - 9047 (ch b) ham salad sandwich on wheat ch7057 Potato Salad Cucumber Salad Peaches Diet: same	Beef & Noodles - 9008 (ch b) chicken & noodles ch7037 w/ Gravy Green Beans Carrots Apple Juice 100% Diet: same
14	15	16	17	18
Grilled Chicken w/ BBQ Sauce - 9049 (ch b) hamburger ch7006 Green Beans Yellow Squash Bun Pineapple Tidbits Diet: same	Steak Hoagie w/ Gravy - 9302 (ch b) grilled chicken ch7026 Potato Wedges Baked Beans Hoagie Bun Fresh Orange Diet: same	Summer Salad - 9070 w/ diced Eggs, Shredded Cheese, Grape Tomatoes, Broccoli Floret, Wheat Roll / Margarine Ranch Dressing (ch b) beef & noodles w/gravy green beans, diced carrots ch7052 Fruit Cocktail Animal Crackers	Roast Pork Loin w/ Gravy - 9115 (ch b) chicken w/gravy ch7008 Brown Rice Vegetable Medley (2 servings) Wheat Bread / Margarine Peaches Diet: same	Happy August Birthday Spaghetti & Meatballs - 9035 w/ Marinara & Parmesan (ch b) chicken alfredo w/ broccoli ch7067 Italian Vegetables Spinach / Vinegar Fruit Punch 100% Sponge Cake Diet: same 
21	22	23	24	25
Meatloaf w/ Gravy - 9072 (ch b) roast turkey w/ gravy ch7003 Mashed Potatoes Carrots Wheat Bread (2 slices) Margarine Strawberry Applesauce Diet: same 	Turkey Sandwich on Wheat - 9032 (ch b) ham sandwich on wheat ch7044 Potato Salad Cole Slaw Fruit Cocktail Mayo (for turkey only) Mustard (for ham only) Diet: same	Lemon Pepper Fish - 9033 w/ Tartar Sauce (ch b) chicken tenders ch7009 Brown Rice Scandinavian Veggies (2 servings) Wheat Bread / Margarine Pears Diet: same	Hawaiian Pineapple Ham - 9094 (ch b) pineapple topped chicken ch7013 Whipped Sweet Potatoes Peas Wheat Bread (2 slices) Margarine Mandarin Oranges Diet: same	BBQ Beef - 9051 (ch b) grilled chicken brst ch7026 Peas & Onions Peaches w/ Oat Topping Cole Slaw Bun Diet: same
28	29	30	31	
Chicken Alfredo over Spaghetti - 9065 (ch b) mediterranean glazed salmon ch7068 Broccoli Carrots Baked Cinnamon Apples 2 Wheat Bread / Margarine (ch b only) Diet: same	Salisbury Steak w/Gravy - 9029 (ch b) chicken w/gravy ch7008 Parslied Potatoes Vegetable Medley Wheat Bread (2 slices) Margarine Pineapple-Orange Juice 100% Diet: same 	Cheese Manicotti - 9133 w/ Pesto Cream Sauce (ch b) spaghetti & meatballs ch7015 Spinach Scandinavian Veggies Peaches 2 Wheat Bread / Margarine (ch a only) Diet: same	Swedish Meatballs - 9054 (ch b) chicken & gravy ch7037 Egg Noodles Broccoli Carrots Mandarin Oranges Diet: same	 <p>Back To School</p>

Complete meal consists of at least: 2 oz. Protein, 1 cup of Vegetables, 1/2 cup of Fruit or Juice, 2 servings of Grains, and 8 oz. Milk (1/2 pint)