

Council on Aging August 2022 HDM Menu

1	2	3	4	5
Barbecue Chicken Peas and Carrots Yellow Rice Cupcake Seasonal Fruit Wheat Roll 2% Milk	Ham w/Brn Sugar/Raisins Steamed Cabbage Great Northern Beans Angel Food Cake/Pineapple Margarine 2% Milk	Turkey Breast w/Gravy Broccoli/Cauliflower Salad Mashed Sweet Potatoes Seasonal Fruit Biscuit w/Marg. 2% Milk	Salisbury Steak w/Gravy Mixed Vegetables Mashed Potatoes Cookies Mini Yeast Roll w/Marg. 2% Milk	Baked Chicken Bites California Blend Buttered Pasta Orange Slices Wheat Roll w/Marg. Honey Mustard Sauce 2% Milk
8	9	10	11	12
Baked Spaghetti Peas Tossed Salad Canned Fruit FF Salad Dressing Wheat Roll w/Marg. 2% Milk	Beef Stew/Peas and Carrots Baby Lima Beans Rice Orange Slices Biscuit w/Marg. 2% Milk	Baked Chicken Breast/ Bun 3 Bean Salad Lettuce and Tomato Roasted Red Potatoes Warm Fruit Crisp 2% Milk	Swedish Meatballs Mashed Potatoes Baby Carrots Cookies Biscuit w/Marg. 2% Milk	Chicken Fajitas Peppers and Onions Mexican Rice Chopped Lett. And Tom. Shredded Cheese Cinnamon Peaches 2% Milk
15	16	17	18	19
Chicken Pasta Casserole Broccoli Seasonal Fruit Cookies Margarine 2% Milk	Cheeseburger on Bun Lettuce and Tomato Baked Beans Fruit 2% Milk	Beef Soft Taco Pimento Corn Mexican Rice Cinnamon Applesauce Shredded Let, Tom, Cheese 2% Milk	Barbeque on Bun Slaw Parsley Potatoes Cookies 2% Milk	Pinto Beans Vegetable Blend w/Carrots Macaroni and Cheese Orange Slices Mini Yeast Roll w/Marg. 2% Milk
22	23	24	25	26
Spaghetti w/Meat Sauce Tossed Salad Zucchini w/Onions FF Salad Dressing Cookies 2% Milk	Chicken Noodle Casserole Green Peas Carrots Yogurt Wheat Roll w/Marg. 2% Milk	Sliced Ham Sweet Potatoes Green Beans Orange Slice, Cupcake Dinner Roll w/ Marg. 2% Milk	Meatloaf Mashed Potatoes Mixed Vegetables Rice Krispy Bar Mini Yeast Roll 2% Milk	BBQ Chicken on Bun Corn Broccoli Angel Food Cake/Peaches 2% Milk
29	30	31		
Turkey Dog on Bun Slaw, Chili Seasonal Fruit Yogurt Red Bliss Potatoes 2% Milk	Baked Ziti Tossed Salad w/FF Dressing Carrots Warm Fruit Crisp Mini Yeast Roll w/Marg. 2% Milk	Roast Pork w/Gravy Steamed Cabbage Rice Cookies Applesauce 2% Milk	If you have any questions or need to cancel your meal Contact: Barbara Woody 919-742-3975 ext. 223	