

# Council on Aging August 2021 Menu

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
<p>Turkey breast w/ gravy Rice</p> <p>Broccoli/Cauli flower mix Mango Wheat Roll/margarine 2% Milk</p>	<p>Hamburger on Bun Tom &amp; Okra Baked Beans Peaches 2% Milk</p>	<p>Beef taco w/ cheese Corn Rice Apples slices 2% Milk</p>	<p>Baked Chicken Augratin Potatoes Peas &amp; Carrots Pineapple Oatmeal raisin cookie Wheat roll/margarine 2% Milk</p>	<p>Sliced ham Country blend vegetables Sweet potato casserole Fruit cocktail Yeast roll/margarine 2% Milk</p>
9	10	11	12	13
<p>Chicken &amp; dumpling Green Peas Diced carrots Fruit yogurt Wheat roll /margarine 2% Milk</p>	<p>Spaghetti w/ meat sauce Italian mix veg Applesauce Dinner roll /margarine 2% Milk</p>	<p>Baked Fish w/lemon sauce Tomatoes &amp; Okra Mac &amp; Cheese Pears Yeast roll /margarine 2% Milk</p>	<p>Meatball sub tater tots Broc cauli carrot mix mangos 2% Milk</p>	<p>Stir Fry Asian chicken/veg Rice Vanilla cupcake Juice 2% Milk</p>
16	17	18	19	20
<p>Pinto beans w/ham Okra &amp; tomatoes Steamed cabbage Corn muffin /margarine Chocolate chip cookie 2% Milk</p>	<p>Baked Ziti Turnip greens Fruit crisp Wheat roll /margarine 2% Milk</p>	<p>BBQ chicken tenders Rice Tater tots Green beans Mandarin oranges Yeast roll /margarine Juice 2% Milk</p>	<p>Roast pork w gravy Mashed sweet potatoes Baked Apples Fruit yogurt Wheat roll/margarine Saltines 2% Milk</p>	<p>Salsbury steak w/gravy Broccoli Pears Mac &amp; Cheese Wheat roll/margarine 2% Milk</p>
23	24	25	26	27
<p>Turkey pot pie lima beans Fruit yogurt Yeast roll 2% Milk</p>	<p>Grilled pork chop Collard greens Rice Mandarin oranges Wheat roll /margarine 2% Milk</p>	<p>Sloppy Joe on bun Diced potatoes Brussels sprouts w/lemon herb sauc Fruit yogurt 2% Milk</p>	<p>Beef Stew w/vegetables Turnip greens fruit yogurt Grapes Biscuit Juice 2% Milk</p>	<p>Chili beans Corn Apple Slices Rice Wheat roll/margarine Saltines 2% Milk</p>
30	31			
<p>Turkey breast w/ gravy Rice Broccoli/Cauli flower mix Mango Wheat Roll/margarine 2% Milk</p>	<p>Hamburger on Bun Tom &amp; Okra Baked Beans Peaches 2% Milk</p>			