

Senior	Center	Menu	August	2022
Monday Aug. 1 Fish, red potatoes, parsnips, kale, dark rye bread, fruit, milk & salad	Tuesday Aug. 2 Pot roast, broccoli, peppers, cornbread, fruit, milk & salad	Wed. Aug. 3 Cheese enchiladas, olives, onions & tomatoes, ranchero beans, milk, fruit & salad (Vegetarian)	Thurs. Aug. 4 Baked ham, kale & cauliflower, sweet potatoes, w. w. roll, fruit, milk & salad	Friday Aug. 5 Chicken Mediterranean, sautéed leeks & spinach, brown rice, fruit, milk & salad
Monday Aug. 8 Swedish meatballs w/zoodles, green peas, zucchini, dark rye bread, milk, fruit & salad	Tuesday Aug. 9 Honey mustard chicken, quinoa, turnips & carrots, milk, fruit & salad	Wed. Aug. 10 Baked pork chops, mushrooms, sautéed leeks and kale, rice, milk, fruit & salad	Thurs. Aug. 11 Turkey burgers, roasted carrots, potatoes, whole wheat buns, milk, fruit & salad	Friday Aug. 12 Italian lasagna, peppers, squash, tomatoes, garlic bread, milk, fruit & salad (Vegetarian)
Monday Aug. 15 Pizza, tomatoes, pepperoni, cheese, spinach, olives, milk, fruit & salad	Tuesday Aug. 16 Spaghetti and meatballs, peas & sautéed chard, garlic bread, fruit, milk, and salad	Wed. Aug. 17 Turkey paprikash, green beans & sautéed leeks, fruit, milk, and salad	Thurs. Aug. 18 Chicken quesadillas, cauliflower, sautéed kale, fruit, milk, and salad	Friday Aug. 19 Greek rice pilaf w/ feta cheese, sautéed spinach & honey glazed carrots, fruit, milk, and salad (Vegetarian)
Monday Aug. 22 Chicken enchiladas, sautéed green peppers & onions, squash, couscous, fruit, milk & salad	Tuesday Aug. 23 Garlic beef stew, sautéed spinach w/cabbage, whole wheat roll, fruit, milk & salad	Wed. Aug. 24 Bean & Cheese Tostada, millet, tomatoes, cheese, spinach, olives, milk, fruit & salad (Vegetarian)	Thurs. Aug. 25 Shrimp stir fry, noodles, carrots, peas, fruit, milk & salad	Friday Aug. 26 Spinach frittata, ham, parsnips & squash, potatoes, fruit, milk & salad
Monday Aug. 29 Mediterranean chicken, honey garlic brussels sprouts, sauteed beets, dark rye bread, fruit, milk, and salad	Tuesday Aug. 30 Meatloaf, sautéed zucchini & broccoli, potatoes, fruit, milk and salad	Wed. Aug. 31 Fish, tartar sauce, eggplant, sweet potatoes, fruit, milk, and salad		

Note: This menu has been approved by a nutritionist and is designed to comply with the DES Manual.