

Regular Meal Calendar					
August 2017					
<u>Mon</u>	<u>Tue</u>	<u>Wed</u>	<u>Thu</u>	<u>Fri</u>	
31 Hawaiian Chicken Vegetable Blend Green Beans Yellow Rice Wheat Bread Gingerbread Cookie Milk	1 Beef/Spinach LoMein Vegetable Blend Peas & Onions Tropical Fruit Grape Juice Milk	2 *cold meal* Chix & Orzo Salad Beet/Chickpea salad Orange sections White Bread Cheesecake pudding Milk	3 Frittata Creamy Grits Stewed Apples w/raisins Blueberry Muffin Cranberry Juice Milk	4 Turkey/Dressing w/gravy Green Beans Mashed Potatoes Cranberry Sauce Apple Juice Milk	2
7 Chix w/Sage gravy Mixed Vegetables Scalloped Potatoes Cranberry Bread Pudding Orange Juice Milk	8 Sloppy Joe/ Bun Vegetable Blend Succotash Cheesecake Pudding Fruit Milk	9 Mac 'n Cheese Peas and Onions Carrots Blueberry Muffin Jello with Fruit Milk	10 Pot Roast w/Veggies Potatoes Green Beans Cornbread Hot Fruit Salad Milk	11 Veg. Lasagna Vegetable Blend Lima Beans Pears Cranberry Juice Milk	3
14 Chicken Marsala Fiesta Corn Carrots Beet/Orange Salad Wheat Bread Vanilla Wafers Milk	15 Hamburger Steak Rice and gravy Broccoli /Cheese Succotash Fruit Cup Grape Juice Milk	16 Mediterranean Pork & Orzo Cauliflower Peas Tropical Fruit Cranberry Juice Milk	17 Baked Spaghetti Green Beans White Bread Applesauce(hot) Orange Juice Milk	18 Turkey/Dressing w/gravy Mashed Potatoes Vegetable Blend Toss Salad Cranberry Sauce Milk	4
21 Beef Stroganoff Mashed Potatoes Spinach White Bread Applesauce Milk	22 BBQ Pork/Bun Carrots Peas Cole Slaw Pineapple Milk	23 Mac 'n Cheese Broccoli Lima Beans Orange Slices Strawberry Shortcake Milk	24 Pesto Chicken Couscous Zucchini/Squash Cauliflower Wheat Roll Peaches Milk	25 Turkey w/Wild Rice Green Beans Corn Tropical Fruit Oatmeal Cookie Milk	1
28 Hawaiian Chicken Vegetable Blend Green Beans Yellow Rice Wheat Bread Gingerbread Cookie Milk	29 Beef/Spinach LoMein Vegetable Blend Peas & Onions Tropical Fruit Grape Juice Milk	30 *cold meal* Chix & Orzo Salad Beet/Chickpea salad Orange sections White Bread Cheesecake pudding Milk	31 Frittata Creamy Grits Stewed Apples w/raisins Blueberry Muffin Cranberry Juice Milk	1 Turkey/Dressing w/gravy Green Beans Mashed Potatoes Cranberry Sauce Apple Juice Milk	2

Council on Aging for Henderson County • Meals On Wheels • (828) 692-6693