



## August 2017 Meals Calendar

Please call 24 hours in advance to reserve or cancel lunch — suggested donation \$3

Monday	Tuesday	Wednesday	Thursday	Friday
	1 parmesan baked fish with tartar sauce, mashed sweet potato, broccoli salad, wheat roll, tropical fruit	2 spaghetti & meatballs on side, garden salad, garlic bread, watermelon	3 bbq chicken hot baked beans, cold vegetable salad medley roll cherry pie	4 No regular Friday Lunch
7 Coffee Hour and Wellness Chat Light fare, juice and coffee Topic: Food Choices and aging	8 Pulled pork sandwiches, Cole slaw, 3 bean salad, bun, caramel apple crumb cake	9 Chicken and biscuits with peas, mashed potatoes, broccoli & cauliflower, blueberry pie	10 Beef stew with vegetables, garden salad, biscuit, chocolate pudding	11 No regular Friday Lunch
14 Coffee Hour and Wellness Chat Light fare, juice and coffee Topic: The importance of staying active	15 Broccoli cheddar soup, Caesar salad with grilled chicken & croutons, watermelon	16 Salisbury steak with mushroom gravy, spinach, sour cream & chive mashed potatoes, marble rye bread, fruit filled cookie	17 Soft burrito, beef and/or bean filling with shredded cheese & lettuce, mild salsa, sour cream on the side, plain potato chips fruit muffin	18 No regular Friday Lunch
21 Coffee Hour and Wellness Chat Light fare, juice and coffee Topic: Blood sugar regulation	22 Baked studded peppers, Greek salad, pumpernickel bread, lemon meringue pie	23 Vegetarian lasagna, tossed salad, rolls, coconut cream pie	24 <b>Volunteer Appreciation Cookout</b> Hamburgers, Hotdogs, Veggie Burgers, side salads and a summertime dessert	25 No regular Friday Lunch
28 Coffee Hour and Wellness Chat Light fare, juice and coffee Topic: TBD	29 Tomato topped meatloaf, sour cream & chive mashed potatoes, carrots & peas, pumpernickel bread, butterscotch pudding	30 Chicken salad with grapes, pasta vegetable salad, croissant, fruit filled cookie	31 Open faced hot hamburger sandwich with gravy, roasted red potatoes, yellow squash, zucchini & tomato medley, Boston cream pie	