

August 2020

Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
Chicken Patty	Cook's Choice	Spaghetti & Meat Sauce	Baked Chicken	Spinach Salad
Mashed Potatoes	Hamburger	Lettuce Salad	Creamed Potatoes	Minestrone Soup
Spinach	Potato Salad	Fruit Cocktail	Green Beans	Crackers
Cinnamon Applesauce	Baked Beans	Garlic Bread	Cherry Fruit Salad	Cantaloupe
	Fruit	Peanut Butter Bar		Cake
	Dessert			
10	11	12	13	14
Meatloaf	Pork Loin	Taco Salad/Dressing	French Toast Bake	Oven Fried Chicken
Potatoes	Garden Rice Blend	Tortilla Strips	Western Omelet	Mashed Potatoes & Gravy
Mixed Vegetables	Cucumber & Onion Salad	Fiesta Corn	Fruited Yogurt	Brussels Sprouts w/Cheese
Cinnamon Applesauce	Apricots	Strawberry Short Cake	Banana Orange Salad	Spiced Peaches
Peanut Butter Cookie	Roll			Cookie
17	18	19	20	21
Tuna Casserole	Deli Meat Sandwich	Fruited Chicken Salad	BBQ Roast Pork Sandwich	Beef Patty & Onions
Peas & Carrots	Minestrone Soup	on Lettuce	Sweet Potato Fries	Potatoes
Mixed Berries	Crackers	Mandarin Oranges	3 Bean Salad	Broccoli
Pudding/Topping	Fruit Salad	Roll	Strawberries	Mandarian Oranges
	Dessert	Ice Cream	Short Cake	Brownie
24	25	26	27	28
Roast Beef	Fish Sandwich	Stuffed Pepper	Turkey Burger on Bun	Tossed Salad w/ Grilled Chicken
Mashed Potatoes & Gravy	Mac-N-Cheese	Sauteed Zucchini	Lettuce & Tomato	Fresh Vegetables
Brussels Sprouts	Asparagus	Grapes	Potato Salad	Cherry Cobbler
Peaches	Spiced Apricots	Carrot Cake	Melon	Roll
Cookie			Apple Crisp	
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Hamburger			TO CANCEL YOUR	
Cabbage Casserole			MEALS, CALL	
Green Beans			641-792-7102	
Dessert				
Orange				

Stephanie Labenz MS, RD, LD
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Milk offered with all meals and equals one carb choice. All meals meet 1/3 of the Recommended Dietary Allowances (RDA) for most adults.