

August 2022

Monday	Tuesday	Wednesday	Thursday	Friday
1 Hamburger Mashed Potatoes Spinach Cinnamon Applesauce	2 Roast Turkey Mashed Potatoes & Gravy Brussels Sprouts Orange Pineapple Upside Down Cake	3 Tangy Baked Chicken Duchess Potatoes Green Beans Cherry Fruit Salad	4 Spaghetti & Meat Sauce Lettuce Salad Fruit Cocktail Garlic Bread Stick Dessert	5 Ham Salad Slider Breadstick Spinach Salad Melon Lemon Square
8 Cook's Choice Strawberry Soup Chicken Salad Sandwich Fresh Veggies Dessert	9 German Meatloaf Potatoes Mixed Vegetables Applesauce	10 Oven Fried Chicken Mashed Potatoes & Gravy Brussels Sprouts w/Cheese Spiced Peaches Cookie	11 Taco Salad Tortilla Chips Salsa Fiesta Corn Strawberries Pound Cake	12 French Toast Bake Egg Casserole Fruited Yogurt Banana Orange Salad
15 Tuna Casserole Peas & Carrots Mixed Berries Chocolate Pudding/Topping	16 Deli Meat Sandwich Vegetable Pasta Salad Fruit Cup Rhubarb Crisp	17 Steak in Brown Gravy Whipped Potatoes Spinach Salad Apple	18 BBQ Roast Pork Sandwich Sweet Potato Fries 3 Bean Salad Strawberries	19 Gazpacho (cold soup) Ham Salad Slider Orange Brownie
22 Baked Fish Sandwich Mac-N-Cheese Asparagus Spiced Apricots	23 Stuffed Pepper Casserole Carrots Tropical Fruit Whole Wheat Roll	24 Roast Beef in Gravy Mashed Potatoes Brussels Sprouts Peaches M&M Cookie	25 Turkey Burger on Bun Lettuce & Tomato Potato Salad Strawberry Cup	26 Tossed Salad w/Chicken Fresh Cauliflower Watermelon Crackers
29 Scalloped Potatoes & Ham Mixed Vegetables Fruit Cocktail Butterscotch Pudding	30 Cheese Tortellini Broccoli Fruit Cup Garlic Bread	31 Cook's Choice Italian Sausage Sandwich French Fries Cucumbers Apricots	MEALS ARE FUNDED BY: *JASPER COUNTY *AGING RESOURCES *CLIENT DONATIONS *MEMORIALS *ELDERLY WAIVER/MEDICAID *EFSP FUNDS FROM UNITED WAY	TO CANCEL YOUR MEAL, PLEASE CALL 641-792-7102. MEALS WILL NOT BE LEFT IF YOU ARE NOT HOME OR COMMUNICATED WITH US. Stephanie Labenz MS, RD, 

Milk offered with all meals and equals one carb choice. All meals meet 1/3 of the Recommended Dietary Allowances (RDA) for older adults.