



# AUGUST 2017 SENIOR MENU



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<b>1</b> Chicken Thigh w/Mushroom Sauce Mixed Vegetables Wheat Roll Applesauce	<b>2</b> Enchilada Casserole Cucumber Salad Fruited Jell-O	<b>3</b> Tuna Sandwich Potato Soup Honeydew	<b>4</b> Spaghetti & Meatballs Hi C Salad Raisins
<b>7</b> Seasoned Chicken Thigh Baked Potato Wheat Bread Mixed Fruit	<b>8</b> Beef & Vegetable Stew Hi C Salad Wheat Bread Diced Peaches	<b>9</b> Salisbury Steak Mashed Potatoes Wheat Bread Diced Pears	<b>10</b> Meatloaf W/Gravy Peas & Carrots Wheat Bread Orange	<b>11</b> Macaroni & Cheese Broccoli Normandy  Pineapple Bits Pudding
<b>14</b> Breaded Chicken Drumstick Sweet Potato Wheat Bread Diced Pears	<b>15</b> Pepper Steak W/Gravy Mashed Potatoes Green Salad Wheat Bread Diced Peaches	<b>16</b> Chicken Fettuccini Alfredo Hi C Salad Applesauce	<b>17</b> Polish Sausage Dog W/Onions & Peppers  Pickled Beets Cantaloupe	<b>18</b> Breaded Fish Salad W/Broccoli Dinner Roll Pineapple Bits
<b>21</b> Meatballs in Gravy Mashed Potatoes Wheat Bread Diced Peaches	<b>22</b> Salami & Cheese Sandwich  Vegetable Soup Orange	<b>23</b> Salisbury Steak Baked Potato Wheat Bread Pineapple Bits	<b>24</b> Sweet & Sour Pork Brown Rice Broccoli Normandy Diced Pears	<b>25</b> Italian Chicken Thigh Mixed Vegetables Wheat Bread Applesauce
<b>28</b> Meatloaf W/Gravy Mashed Potatoes Mixed Vegetables Wheat Roll Mixed Fruit	<b>29</b> BBQ Chicken Thigh Sweet Potato Hi C Salad Wheat Bread Pineapple Bits	<b>30</b> Hot Dog On A Wheat Bun  Chili Beans Honeydew	<b>31</b> Cheeseburger Potato Wedges Tropical Fruit	

Funding through: Fresno-Madera Agency on Aging

All meals include low fat milk

Suggested donation \$1.50

Non Senior Rate \$ 4.40

Menu is Subject to Change Without Notice



High Sodium Meal