



# LUNCH MENU • AUGUST 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b> Chicken Nuggets 21 Orange Sauce 16 Brown Rice 27 Broccoli 6 Blueberries 15 Fortune Cookie 3	<b>2</b> Pork Marsala 4 Noodles 19 Creamed Peas 17 Peach Crisp 34 Tossed Salad 1 Wheat Roll 12	<b>3</b> Meatloaf 14 / Gravy 4 Mashed Potatoes 16 Wax Beans 10 Apricots 17 Hawaiian Roll 19	<b>4</b> Potato Crunch Pollock 13 Ranch Potatoes 18 Dilled Carrots 9 Strawberries 7 Key Lime Coconut Sheet Cake 44	<b>5</b> Smothered Chicken 7 Parsley Potatoes 20 Green Beans 6 Blueberry Pie 43 Wheat Roll 12
<b>8</b> Cheddar Burger w/ Fried Onions 3 Hamburger Bun 25 Ranch Potatoes 18 Cukes 'n Vinegar 7 Molded Applesauce Salad 22	<b>9</b> Pollock Fillet 21 Baked Potato 18 Whole Green Beans 6 Greek Pasta Salad 26 Grapes 16	<b>10</b> Pulled Pork 10 / Bun 25 Roasted Red Potatoes 24 Cauliflower w/ Butter Parsley Sauce 5 Fresh Blueberries 15	<b>11</b> Fiesta Chicken 22 Brown Rice 27 Corn 23 Tossed Salad 3 Kiwi 11	<b>12</b> Roast Beef 2 Beef Gravy 4 Mashed Potatoes 16 Dilled Carrots 9 Strawberries 7 French Bread Roll 19
<b>15</b> Crispy Chicken 9 Cheesy Potatoes 20 Broccoli 6 Fruit Cup 13 Hawaiian Roll 19	<b>16</b> Beef Stroganoff 7 / Fettuccini 16 Peas & Carrots 12 Apple 21 Multi-Grain Swirl Bread 23	<b>17</b> Turkey Reuben Sandwich 7 Whole Grain Sub Bun 28 Roasted Red Potatoes 24 Roasted Rainbow Carrots 9 Prunes 23	<b>18</b> Pineapple Pork Loin 17 Brown Rice 27 Green Beans, Peppers & Onions 9 Pear 23 Wheat Roll 12	<b>19</b> Chicken & Broccoli Penne 17 Bread Stick 14 Tomato Salad 4 Peaches 14 Triple Chocolate Cookie 31
<b>22</b> Meatloaf 14 Mashed Potatoes 16 Gravy 4 Red Cabbage 17 Peaches 14 Hawaiian Roll 19	<b>23</b> Pork Chop Suey 19 Brown Rice 17 Green Beans 6 Tossed Salad 3 Pear 23 Fortune Cookie 3	<b>24</b> Philly Sloppy Joes 27 Dilled Carrots 9 Tomato Salad 4 Grapes 16	<b>25</b> BBQ Chicken Breast 18 Ranch Potatoes 18 Corn 23 Blueberries 15 Hawaiian Roll 19	<b>26</b> Fish Sandwich 18 Hamburger Bun 25 Roasted Red Potatoes 24 Marinated Carrots 9 Kiwi 11
<b>29</b> Ginger Chicken & Asparagus 14 Brown Rice 27 Carrots Blueberries 15 Hawaiian Roll 19	<b>30</b> Pub Burger 2 Hamburger Bun 25 Ranch Potatoes 18 Baked Beans 30 Tomato & Lettuce 4 Melon 9	<b>31</b> Roast Pork 1 / Gravy 4 Mashed Potatoes 16 Red Cabbage 17 Apple 22 Wheat Roll 15	<b>1</b> <b>SEPTEMBER</b> Fish Tenders 22 Baked Potato 18 Roasted Broccoli & Red Peppers 6 Greek Pasta Salad 26 Grapes 16	<b>2</b> <b>LABOR DAY LUNCH</b> Chicken Ranch Sandwich 34 Creamy Bacon Dressing 1 Green Beans 6 Potato Salad 14 Molded Applesauce Salad 22

All meals served at 11:30 am at the Activity & Dining Centers. To reserve a lunch by 9 am call the Center you will attend: Sanford: (989) 687-7888 • Coleman: (989) 465-6216  
Trailside: (989) 633-3790 • Mills: (989) 633-3788 • Greendale: (989) 832-8683. Meals on Wheels Hotline: Call 989-633-3789 for changes in delivery by 9 am. Reservations are required. Menus subject to change without notice. Numbers after each menu item indicate the number of carbohydrates in grams for that item. Milk (13) is served with each meal.