

# August Congregate Hot Meal Menu



**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

	<p><b>1</b> CHICKEN FLORENTINE PASTA SAUTEED CARROTS PEACH CRISP WHOLE GRAIN ROLL</p>	<p><b>2</b> COUNTRY FRIED CHICKEN MASHED POTATOES / GRAVY SWEET CORN PEACH COBBLER WHOLE GRAIN ROLL</p>	<p><b>3</b> LASAGNA WITH ITALIAN SAUSAGE CALIFORNIA VEGETABLES CINNAMON APPLES WHOLE GRAIN ROLL</p>	<p><b>4</b> BEEF AND BROCCOLI STIR FRY WHITE RICE FAR EAST VEGETABLE BLEND POACHED PEARS CHOW MEIN NOODLES</p>
<p><b>7</b> DIRTY RICE BLACK EYED PEAS CHERRY COBBLER WHOLE GRAIN ROLL</p>	<p><b>8</b> SPAGHETTI AND MEAT SAUCE GREEN BEANS AND CARROTS PEACH CRISP WHOLE GRAIN ROLL</p>	<p><b>9</b> TEXAS CHILI WAX BEANS AND PEPPERS BANANA BREAD PUDDING CORNBREAD MUFFIN</p>	<p><b>10</b> SWEET AND SOUR PORK BROWN RICE SIMMERED GREEN CABBAGE PINEAPPLE UPSIDE DOWN CAKE CHOW MEIN NOODLES</p>	<p><b>11</b> MACARONI AND CHEESE SAUTEED SPINACH OATMEAL CAKE BAKE WHOLE GRAIN ROLL</p>
<p><b>14</b> QUICHE LORRAINE POTATOES O'BRIEN PEACH CRISP FRUIT MUFFIN</p>	<p><b>15</b> TURKEY TETRAZZINI GREEN BEANS AND CARROTS POACHED PEARS WHOLE GRAIN ROLL</p>	<p><b>16</b> BEEF ENCHILADA BAKE CILANTRO RICE APPLE COBBLER WHOLE GRAIN ROLL</p>	<p><b>17</b> BEEF STROGANOFF SAUTEED SPINACH SPICED APPLE RINGS WHOLE GRAIN ROLL</p>	<p><b>18</b> SMOTHERED PORK COLLARD GREENS WARM CINNAMON APPLES WHOLE GRAIN ROLL</p>
<p><b>21</b> BARBEQUED CHICKEN THIGH COLLARD GREENS BANANA BREAD PUDDING BUTTERMILK BISCUIT</p>	<p><b>22</b> SPINACH AND PEPPER QUICHE VEGETARIAN SAUSAGE PATTY CINNAMON APPLES FRUIT MUFFIN</p>	<p><b>23</b> PORK ROAST W/ ONION GRAVY MASHED POTATOES CORN, PEAS AND CARROTS RICE PUDDING WHOLE GRAIN ROLL</p>	<p><b>24</b> HUNGARIAN GOULASH SWEET AND SOUR CABBAGE WARM CINNAMON APPLES WHOLE GRAIN ROLL</p>	<p><b>25</b> LASAGNA W/ ITALIAN SAUSAGE CALIFORNIA VEGETABLES WARM CINNAMON APPLES WHOLE GRAIN ROLL</p>
<p><b>28</b> HEARTY BEEF STEW STEWED TOMATOES ESCALOPED APPLES BUTTERMILK BISCUIT</p>	<p><b>29</b> CHICKEN CACCIATORE SAUTEED SPINACH RICE PUDDING WHOLE GRAIN ROLL</p>	<p><b>30</b> CHICKEN AND RICE CASSEROLE SAUTEED CARROTS CINNAMON APPLES WHOLE GRAIN ROLL</p>	<p><b>31</b> HOMEMADE MEATLOAF MASHED POTATOES STEWED TOMATOES CORN PUDDING WHOLE GRAIN ROLL</p>	

**Senior Services**

**Southwest  
Michigan**

Each meal meets the new A.A.A. approved nutritional guidelines.  
All meals have between 80-120 grams of carbohydrates. All meals are trans-fat free.