

August Food For All Hot Meal Menu



Monday

Tuesday

Wednesday

Thursday

Friday

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