

# Centra Care August Menu

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

**1**  
GRILLED CHICKEN BREAST  
CEASAR SALAD  
FRUIT COBBLER WITH ICE CREAM  
WHOLE GRAIN ROLL

**2**  
COUNTRY FRIED CHICKEN  
MASHED POTATOES WITH GRAVY  
SWEET CORN  
PEACH COBBLER  
WHOLE GRAIN ROLL

**3**  
LASAGNA WITH ITALIAN SAUSAGE  
TOSSED SALAD WITH DRESSING  
FRESH CUT FRUIT  
WHOLE GRAIN ROLL

**4**  
BEEF AND BROCCOLI STIR FRY  
WHITE RICE  
FRESH CUT PINEAPPLE  
CHOWMEIN NOODLES

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**7**  
TENDER CHICKEN THIGHS  
COLD PEANUT NOODLES  
ASIAN CABBAGE SLAW  
FRESH CUT PINEAPPLE  
CRISPY RICE NOODLES

**8**  
SPAGHETTI AND MEAT SAUCE  
GREEN BEANS AND CARROTS  
FRESH CUT FRUIT  
WHOLE GRAIN ROLL

**9**  
CREAMY POTATO SOUP  
GREEK SALAD  
FRESH CUT FRUIT  
WHOLE GRAIN ROLL

**10**  
STUFFED BELL PEPPERS  
TOSSED SALAD WITH DRESSINGS  
FRESH CUT FRUIT  
WHOLE GRAIN ROLL

**11**  
FRIED TALAPIA FILLET  
TARTAR SAUCE  
COLESLAW  
FRUIT JELLO PARFAIT  
CORNBREAD MUFFIN

**14**  
QUICHE LORRAINE  
POTATOES O'BRIEN  
FRESH CUT FRUIT  
FRUIT MUFFIN

**15**  
TUNA SALAD CROISSANT  
CORN AND PEPPER CHOWDER  
FRESH CUT FRUIT  
WHOLE GRAIN ROLL

**16**  
BEEF ENCHILADA BAKE  
CILANTRO RICE  
APPLE COBBLER W/ ICE CREAM  
WHOLE GRAIN ROLL

**17**  
BEEF STROGANOFF  
TOSSED SALAD WITH DRESSINGS  
FRESH CUT FRUIT  
WHOLE GRAIN ROLL

**18**  
CHEF SALADS  
WITH HAM AND TURKEY AND CHEESE  
APPLE COBBLER WITH WHIPPED TOPPING  
WHOLE GRAIN ROLL  
RANCH AND FRENCH DRESSINGS

**21**  
BARBEQUED CHICKEN THIGH  
COLESLAW  
BANANA BREAD PUDDING  
BUTTERMILK BISCUIT

**22**  
SPINACH AND PEPPER QUICHE  
TOSSED SALAD WITH DRESSINGS  
MELON SLICES  
FRUIT MUFFIN

**23**  
PORK ROAST WITH ONION GRAVY  
MASHED POTATOES  
CORN, PEAS AND CARROTS  
RICE PUDDING  
WHOLE GRAIN ROLL

**24**  
VEGETARIAN TACO SALAD  
COTTAGE CHEESE  
RED FLAME GRAPES  
TORTILLA CHIPS  
SALSA AND RANCH DRESSING

**25**  
BLACK BEAN SOUP  
GRILLED CHEESE ON TEXAS TOAST  
MELON SLICES  
WHOLE GRAIN ROLL

**28**  
HEARTY BEEF STEW  
TOSSED SALAD WITH DRESSINGS  
FRESH SEASONAL FRUIT  
WHOLE GRAIN ROLL

**29**  
CHICKEN CACCIATORE  
GREEN BEANS  
RICE PUDDING  
PINEAPPLE CHUNKS  
WHOLE GRAIN ROLL

**30**  
CHICKEN CEASAR WRAPS  
CREAMY TOMATO SOUP  
FRESH CUT FRUIT  
CRACKERS  
STRAWBERRY CUPCAKES

**31**  
HERB ROASTED CHICKEN  
BRUSSELS SPROUTS  
CHERRY CRISP  
BUTTERMILK BISCUIT  
STRAWBERRY CUPCAKES

**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.