

Senior Café and Meals on Wheels

August

2024

29-Jul			30-Jul			31-Jul			1-Aug			2-Aug		
o./9	Salisbury Steak	Serving Size	Tuna Salad	Serving Size	Cheeseburger Mac Bowl	Serving Size	Chicken Teriyaki	Serving Size	Penne Bolognese					
8 oz	Low Fat Milk	8 oz	Low Fat Milk	8 oz	Low Fat Milk	8 oz	Low Fat Milk	8 oz	Low Fat Chocolate Milk					
1 ea	Pineapple Cup	1 ea	Raisins	1 ea	Papaya & Mango Cup	1 ea	Papaya & Mango Cup	1 ea	Orange Cup					
3/4 cup	Herbed Green Pea	3/4 cup	Marinated Carrots & Peppers	3/4 cup	Yellow Squash	3/4 cup	Steamed Carrots	3/4 cup	Marinara with Mushrooms					
2 oz	Whole Grain Dinner Roll	1 cup	Pasta Salad	1 cup	Whole Grain Macaroni	1 cup	Brown Rice	1 cup	Whole Grain Penne					
2.1 oz	Salisbury Steak Patty	3 oz	Tuna Salad	2 oz	Ground Beef	2 oz	Chicken Breast	3 oz	Beef Bolognese					
1 oz	Gravy			3 oz	Cheese Sauce	1 oz	Teriyaki Sauce							
1 ea	Butter Cup													

5-Aug			6-Aug			7-Aug			8-Aug			9-Aug		
Serving Size	Spaghetti & Meatballs	Serving Size	Open Faced Egg Salad Sandwich	Serving Size	Black Beans & Yellow Rice	Serving Size	Turkey Chili	Serving Size	Mojo Citrus Chicken					
8 oz	Low Fat Milk	8 oz	Low Fat Chocolate Milk	8 oz	Low Fat Milk	8 oz	Low Fat Milk	8 oz	Low Fat Milk					
1 ea	Applesauce	1 ea	Papaya & Mango Cup	1 ea	Raisins	1 ea	Applesauce	1 ea	Raisins					
3/4 cup	Steamed Carrots	1/2 cup	Peach Cobbler	3/4 cup	Peppers & Onions	3/4 cup	Cauliflower	3/4 cup	Citrus Infused Green Pea					
1 cup	Whole Grain Spaghetti	1 oz	Granola	1 cup	Yellow Rice	1 cup	Steamed Barley	1 cup	Brown Rice Pilaf					
		1 oz	Wheat Bread											
2 oz	Beef Meatballs	3 oz	Egg Salad	1/2 cup	Black Bean Stew	3 oz	Turkey Chili	3oz	Mojo Infused Chicken					
3 oz	Marinara													

12-Aug			13-Aug			14-Aug			15-Aug			16-Aug		
Serving Size	Red Beans & Dirty Rice	Serving Size	Turkey & Swiss Sandwich	Serving Size	Roast Pork & Teriyaki Soba	Serving Size	Chicken & Broccoli	Serving Size	Lentil Sloppy Joe					
8 oz	Low Fat Chocolate Milk	8 oz	Low Fat Milk	8 oz	Low Fat Milk	8 oz	Low Fat Milk	8 oz	Low Fat Milk					
1 ea	Orange Cup	1 ea	Pineapple Cup	1 ea	Papaya & Mango Cup	1 ea	Raisins	1 ea	Applesauce					
3/4 cup	Steamed Spinach	3/4 cup	Coleslaw	3/4 cup	Snow Pea & Bell Pepper	3/4 cup	Broccoli	3/4 cup	Mustard Chow Chow					
1 cup	Dirty Rice	2 oz	Wheat Bread	1 cup	Teriyaki Soba Noodles	1 oz	Whole Grain Dinner Roll	2 oz	Whole Grain Bun					
						1/2 cup	Brown Rice Pilaf							
1/2 cup	Red Bean Stew	2 oz	Sliced Turkey Breast	2 oz	Roast Pork Loin	2 oz	Chicken Breast	3/4 cup	Lentils in Tomato sauce					
		1 ea	Swiss											
		1 ea	Mustard Packet											
		1 ea	Mayonnaise Packet											

19-Aug			20-Aug			21-Aug			22-Aug			23-Aug		
Serving Size	Chicken Pot Pie	Serving Size	Mexican Pasta Salad	Serving Size	Chicken Parmesan	Serving Size	Turkey Shepherd's Pie	Serving Size	Chicken Fajita Bowl					
8 oz	Low Fat Milk	8 oz	Low Fat Chocolate Milk	8 oz	Low Fat Milk	8 oz	Low Fat Chocolate Milk	8 oz	Low Fat Milk					
1 ea	Pear Cup	1 ea	Papaya & Mango Cup	1 ea	Orange Cup			1 ea	Pineapple Cup					
3/4 cup	Green Bean Medley	3/4 cup	Chopped Peppers & Corn	3/4 cup	Marinara	3/4 cup	Mixed Vegetables with Corn	3/4 cup	Pinto Bean Stew					
2 oz	Whole Grain Biscuit	1 cup	Cilantro Whole Grain Pasta Salad	1 cup	Whole Grain Spaghetti	1 cup	Mashed Potatoes	1 cup	White Rice with Peppers					
3 oz	Chicken Breast in Gravy	1/2 cup	Marinated Black Beans	3 oz	Chicken Patty	3 oz	Turkey in gravy	2 oz	Chicken Breast					
				0.5 oz	Mozzarella									

26-Aug			27-Aug			28-Aug			29-Aug			30-Aug		
Serving Size	Salisbury Steak	Serving Size	Tuna Salad	Serving Size	Cheeseburger Mac Bowl	Serving Size	Chicken Teriyaki	Serving Size	Penne Bolognese					
8 oz	Low Fat Milk	8 oz	Low Fat Milk	8 oz	Low Fat Milk	8 oz	Low Fat Milk	8 oz	Low Fat Chocolate Milk					
1 ea	Pineapple Cup	1 ea	Raisins	1 ea	Papaya & Mango Cup	1 ea	Papaya & Mango Cup	1 ea	Orange Cup					
3/4 cup	Herbed Green Pea	3/4 cup	Marinated Carrots & Peppers	3/4 cup	Yellow Squash	3/4 cup	Steamed Carrots	3/4 cup	Marinara with Mushrooms					
2 oz	Whole Grain Dinner Roll	1 cup	Pasta Salad	1 cup	Whole Grain Macaroni	1 cup	Brown Rice	1 cup	Whole Grain Penne					
2.1 oz	Salisbury Steak Patty	3 oz	Tuna Salad	2 oz	Ground Beef	2 oz	Chicken Breast	3 oz	Beef Bolognese					
1 oz	Gravy			3 oz	Cheese Sauce	1 oz	Teriyaki Sauce							
1 ea	Butter Cup													

August 2024

Chef2Home Q3Q4

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			August 1 Diced Pears <u>Italian Chicken Salad</u> Salad Greens Whole Grain Roll, Butter Italian Dressing	August 2 Applesauce <u>Penne Pasta & Meatballs with Marinara Sauce</u> Cauliflower Brussel Sprouts Whole Grain Roll, Butter
August 5	August 6	August 7	August 8	August 9
Juice <u>BBQ Seasoned Pork</u> Green Beans Sweet Potatoes Whole Grain Roll, Butter	Juice <u>Thai Ginger Curry Chicken</u> Fajita Vegetables Broccoli Brown Rice Pilaf Whole Grain Bread, Butter	<u>Salisbury Steak</u> Mushroom Gravy Classic Mashed Potatoes Carrots Warm Sliced Apples Whole Grain Roll, Butter	Juice <u>Turkey & Swiss Sandwich</u> Potato Salad Mayonnaise Packet Whole Grain Bread	Peach Cup <u>Beef & Bean Chili</u> Rice & Beans Broccoli Whole Grain Roll, Butter
August 12	August 13	August 14	August 15	August 16
Applesauce <u>Italian Meatloaf</u> Carrots Mashed Potatoes Whole Grain Roll, Butter	Juice <u>Turkey Divan</u> Broccoli Cheese Sauce Brown Rice Pilaf Whole Grain Bread, Butter	<u>French Onion-Breaded Pork Chop</u> Gravy Mashed Potatoes Peas Cinnamon Apple Crisp Whole Grain Roll, Butter	Juice <u>Taco Salad</u> Beef Shredded Cheddar Diced Tomatoes, Lettuce Black Bean & Corn Salad Taco Sauce, Whole Grain Tortilla	Applesauce <u>Southwest Chicken Cheddar Penne</u> Black Beans & Corn Cheese Sauce, Stewed Tomatoes, Broccoli Whole Grain Roll, Butter
August 19	August 20	August 21	August 22	August 23
Juice <u>Cheese Pizza</u> Italian Bean Medley	Juice <u>Beef Goulash</u> Elbow Macaroni Tomato Sauce Carrots Peas Whole Grain Bread, Butter	<u>Moroccan Chicken & Lentils</u> Moroccan Sauce Peppers Mixed Vegetables Brown Rice Pilaf Warm Apples w/ Raisins Whole Grain Bread, Butter	Juice <u>Turkey Ham & Cheddar Sandwich</u> Broccoli Salad Mayonnaise Packet Whole Grain Bread	<u>Swiss Steak</u> Swiss Steak Sauce Mashed Potatoes Normandy Blend Cinnamon Apples Whole Grain Roll, Butter
August 26	August 27	August 28	August 29	August 30
<u>Chicken Parmesan</u> Broccoli Whole Grain Rotini Cinnamon Apple Crisp	Juice <u>Ham Steak with Pineapple Glaze</u> Peas Brown Rice Pilaf Whole Grain Bread, Butter	Applesauce <u>Chicken w/ Country Pepper Gravy</u> Carrots Mashed Potatoes Whole Grain Roll, Butter	Diced Pears <u>Italian Chicken Salad</u> Salad Greens Whole Grain Roll, Butter Italian Dressing	Applesauce <u>Penne Pasta & Meatballs with Marinara Sauce</u> Cauliflower Brussel Sprouts Whole Grain Roll, Butter

This menu has been designed using the DOEA component meal pattern requirements. When prepared using approved products and recipes, this menu meets meal pattern requirements for one meal per day (2 oz edible portion protein, 3/4 cup vegetable and 1/2 cup fruit OR 1 1/2 cups vegetables, 2 servings of grains, 1 cup milk; 25 mg Vitamin C per meal, 233 mcg Vitamin A 3 times per week; includes whole grain foods).